Meals of the Day

Lovell

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Mary Williamson

1 Square B Chocolate

½ cup Powered Sugar

½ " cream

gelatine

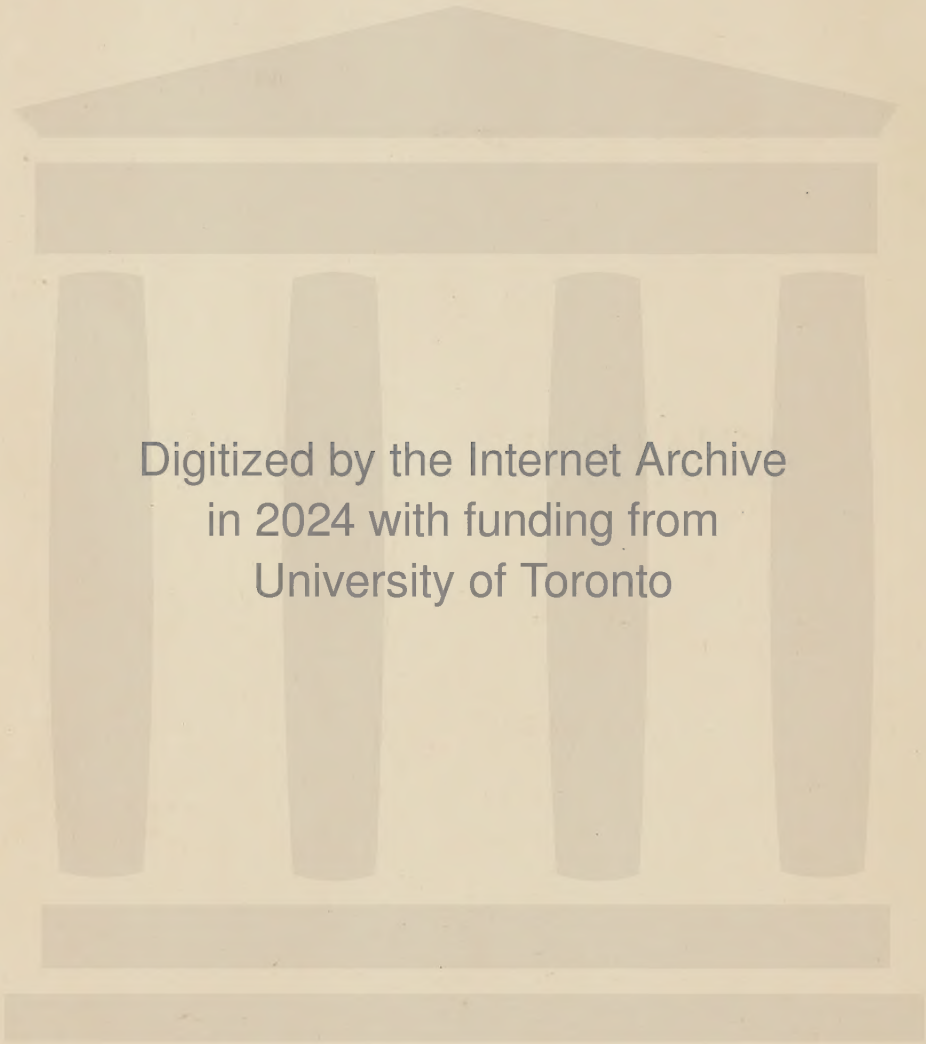
1 tablespoons boiling water

Sugar

½ teaspoon vanilla

1 pint cream

MEALS OF THE DAY



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MEALS OF THE DAY

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A GUIDE

TO THE YOUNG HOUSEKEEPER

BY

SARAH LOVELL

MONTREAL,
JOHN LOVELL & SON, LIMITED
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Entered according to Act of Parliament of Canada, in the year of our Lord one thousand nine hundred and four, by SARAH LOVELL in the office of the Minister of Agriculture and Statistics at Ottawa.,

PREFACE.

This manual is compiled more especially for the use of the young housekeeper.

Confronted as she is by many duties, and often perplexed as to what to provide for the meals of the day, it is hoped that this work, unpretentious as it is, may prove a helpful guide both in the everyday routine, and in emergencies.

It is the result of many years' experience. Several of the recipes have been contributed by valued friends, and have never been published.

One cannot overestimate the value to the household of properly prepared food. To the little child it is invaluable, making brain, muscle and nerve. To the adult, a source of strength to enable him to fulfil the duties of life.

If the body is not sufficiently nourished, it becomes a prey to sickness.

Food is the essential condition of life. It requires care and thought to know what to provide.

Variety is absolutely essential to the promotion of good living.

True hospitality does not consist in the abundance of food placed on the table. With good judgment as to the amount required, the providing of even a simple dish that does not come into everyday use may be more acceptable than the costly one.

With a little experience delicious combinations can be made. With garnishings and flavourings, most tempting dishes can be offered, that will not only be appreciated, but will give nourishment and induce appetite.

SELECTIONS FOR MEALS

BREAKFAST.

BREAD.

Bread with potatoes.
Rolls.
Biscuit, plain.
" Graham.
Boston crackers.

BREAKFAST CAKES.

Waffles.
Meal cookies.
Graham gems.
Graham biscuits.
Pop-overs.

CEREALS.

Oatmeal.
Granulated.
Hominy.
Cracked wheat.
Rolled oats.
Cornmeal.
Cream of wheat.
Malt Breakfast food.
Force.
Hominy, fried.

PANCAKES.

European.
Cornmeal.
Wheat flour.
Graham.
Buckwheat
Oatmeal.
Indian meal.
Aunt Jemima's, directions on packet.
Bread.

TOAST.

Milk.
Egg.
Muffins.
Muffins, warmed.

POTATOES.

Potatoes, boiled.
" baked.
" creamed.
" stewed.
" fried.
" Lyonnaise.
" Saratoga.
" cakes.

EGGS.

Eggs, boiled.
" fried.
" with bacon.
" scrambled.
" poached.
" stuffed.
" with ham.

OMELETTES.

Omelettes, plain,
" parsley.
" ham.

FISH.

Fish scalloped.
Salmon steaks.
" salt.
Smelts, fried.
Mackerel, fresh.
" salt.
Halibut steaks.
Herrings, fresh.
" salt.
Fish on toast.
Fish balls.

MEATS.

Beefsteak.
" collops
Pork chops.
Mutton chops.
Stewed kidney.
Made-over turkey, chicken, beef or mutton.
Dried-beef, creamed.
Desiccated cod
Liver and bacon.
Chickens, broiled.
" fried.
Meat hash, dry.
" " with gravy.
Corn beef hash.
Hash on toast.
Bacon, fried.
Ox-tails, stewed.
Croquettes.
Tripe, stewed.

LUNCHEON OR DINNER.

SOUPS.

Soups, barley.
" Julienne.
" clear.
" tomato.
" bean.
" green pea.
" split pea.
" mock turtle.
" potato.
" giblet.
" oyster.
" Liebig.
" celery.
" artichoke.
" cheese.
" corn.
Dumplings for soup.
Noodles for soup.
Dumplings for stew.

FISH.

Salmon, boiled.
" salt.
" entree of.
" fried.
" pickled.
" Chartreuse of.
Cod, fresh.
" salt.
Haddock, boiled.
" fried.
Mackerel à la Normandie.
" fried.
" salt.
Halibut, boiled.
" fried.
White fish.
" pickled.
Fish pie.
" balls.
" scalloped.
Smelts, fried.
Lobster salad.
" creamed.
Mackerel à la Normandie.
Herrings, fresh.
" salt.
Desiccated cod.
Desiccated cod.
Herrings, smoked.
Sweetbreads.

MEAT.

" balls.

BEEF.

" roast.
" with Yorkshire pudding.
" with browned potatoes.
" stew.
" collops.
" corned, with cabbage.
" olives.
" steak.
" fillet of.
" cold, in slices.
" steak pudding.
" timbale.

Bœuf à la mode.

Mutton, roast
" shoulder of.
" saddle of.
" crown of.
" boiled leg of.
" pot pie of.
" stew.
" chops, breaded.
" " fried.

Venison, roast.
" steaks.

Pork and beans.
" rib of roast.
" shoulder of.
" boiled salt.
" fried cutlets.

Bacon, boiled, and cabbage.
" and liver.

Calf's head.

Veal, fillet of.
" chops, breaded.
" and tongue.

Fresh boiled tongue.

Pork and beans.

Ham, boiled.
" baked.

POULTRY.

Turkey, roast.
" boiled.
" boned

Goose, roast.

Duck, roast.
" salmi of.

Chicken, roast.
" boiled, with parsley sauce.
" curried.

Chicken fried.
" broiled.
" sandwiches.
Pigeons, stewed.
" roast.
Partridge, roast.
Sweet-breads.
Tripe, stewed.
Potted head.
Cheese straws.

TEA OR SUPPER.

OMELETTES.
Plain and with parsley and ham.

EGGS.
" poached.
" fried.
" scrambled.
" stuffed.

MACARONI.
" with fish or meat.
" with tomatoes and gravy.
" creamed, with cheese.

FRUITS.
" stewed.
" with short-cake.

BISCUITS.
Same as for breakfast.
Boston crackers with milk

POTATOES.
As for breakfast.
Potato cake.

SALADS.
Lettuce.
Fish.
Chicken.
Chicken in Aspic jelly.
Lobster cutlets.

TIMBALES.
With chicken, oyster or fish. Nice supper dish.

SANDWICHES.
Sandwiches, Queen.
" ham.
" tongue.
" egg.
" lettuce.
" chicken.

BREAD.
" fried in egg.
" pancakes.
CORNSTARCH.
" with custard.
" with cream.
FRUITS.
Canned or preserved.
Stewed.
Fresh currants covered with sugar and water.
Marmalade.
Cold meats and poultry, garnished with sliced tomato or Aspic jelly.
Salmon, pickled.
White fish, pickled.
Cheese on toast.
Welsh rabbit.
Smoked herrings dressed and heated.
Junket and cream.
English monkey.

THE MEALS OF THE DAY.

BREAD AND BREAD MAKING.

Take a scant quart of water as warm as milk from the cow, dissolve in a half cup of warm water, a half cake of compressed yeast, and a teaspoonful salt.

Make ready two quarts of flour, full measure. Make a hole in the centre of the flour, see that the yeast is thoroughly dissolved and add to the rest of water. Pour on to the flour and mix well with a spoon until thick enough to work with the hand.

If the dough is rather soft sprinkle a little flour from a dredger and knead it, but always use as little flour as possible to knead.

In kneading, one hand is enough, with the other hand steady the bowl, double your hand and plunge it on the side of the dough furthest from you bringing it over with pressure and a turn of the wrist towards the middle, keep on doing this until the dough is smooth, this will take about ten minutes. Let it rise in a warm place covered with a cloth, if in summer for two hours, or less; in winter it will take about four hours. It is light enough to work when there is a sign of cracking and the whole when pulled looks full of very small holes.

If the holes are allowed to become large like froth or a coarse sponge it will be too light, and the bread,

though it may not be sour, will become dry in a short time.

Let it rise to double its bulk when set. When it is so, knead it again thoroughly.

The dough can then be divided and put into two greased bread pans and left to rise again. Each loaf should rise to twice the size when put in the pan. Let the oven be hot. It is well to brush a little milk over the top of the loaves when ready for the oven. It takes between thirty-five and forty minutes to bake.

If well started and the bottom of the oven is hot, raise on a trivet.

ANOTHER RECIPE FOR BREAD.

When boiling potatoes for luncheon save two, and a quart of water in which the potatoes have been boiled, add a little salt. Mash the potatoes, soak a Magic yeast cake in lukewarm water, add to potato water, put in an earthen dish and cover until evening. Then add enough of flour to knead fifteen minutes, a small tablespoon salt, a teaspoonful of sugar and a half tablespoon of lard. Let rise until morning, and then knead a little and divide into loaves or biscuits. When well risen in the pans, bake in a well-heated oven from half an hour to three-quarters of an hour. A bread tin pan with cover is the most suitable for mixing bread.

BREAD ROLLS.

Have ready two cups of flour slightly warmed in a bowl. Dissolve half a yeast cake in two tablespoonsful

of warm, not hot water. Melt a tablespoonful of butter gradually in a cup of warm milk, a well beaten egg, a salt-spoon of salt, and one teaspoon of sugar. Pour this liquid into the flour. Beat well and put to rise in a warm place. It takes two hours in summer, and three in winter. Cover the bowl with a towel if you have not the covered bread pan. When light, knead, and if the dough is rather soft and sticks to the hand dredge on a little flour. Let it rise again, and knead again, that is, work the hand from the outside of the dough to the middle, turning the dough round at the same time. Form small pieces of the dough into round or oval rolls with the hands, put closely together in a baking pan. When risen again, brush over with a little milk, and place in a hot oven. If the oven is very hot at the bottom, after ten minutes, raise the pan on a trivet, and have a paper ready to put on the top if likely to scorch.

PARKER HOME ROLLS.

One teaspoonful of butter, one of lard melted in a quart of sifted flour. Make a well in the middle, pour in one pint of cooled boiled milk, one half cup of sugar, half a teaspoon salt and a dissolved Fleischman yeast cake, or half a cup of other yeast. Let stand over night, but do not stir. In the morning stir up and knead, and let rise. Then knead again, roll out thin, cut in squares, and pour a little melted butter on top, turn over the half square. Place in the pan and let rise again.

BREAD WITH POTATOES.

Take the same proportion of flour, a little less water, and the half cake of yeast as in the making of bread, only add three freshly boiled potatoes mashed and passed through a colander, with a cup of warm milk, and if the mixture is very soft, dredge on a little more flour. Let it rise in the same way twice before putting into the pans.

PLAIN BISCUIT.

Four cups of flour, three teaspoonsful baking powder, one small salt-spoon salt. Sift all together, rub in a tablespoonful of butter or lard and wet into soft dough with a cup of water and a cup of milk. Roll out on a bread board, and cut into biscuits half an inch thick. Brush a little milk over the top, and bake in a quick oven.

GRAHAM BISCUITS.

Two and a half cups Graham flour, two teaspoonsful baking powder, one tablespoonful butter, one egg, one tablespoonful sugar, one small cup milk and water.

Put in hot gem pans.

Bake twenty-five minutes.

WHEAT FLOUR BISCUITS.

Two cups flour put through a sifter with two teaspoonsful of baking powder, rub in a piece of butter as large as an egg, and one cup milk to mix. Then roll out an half inch thick and cut in rounds with a tin cutter.

Put on a bakepan and bake twenty minutes.

POP OVERS.

One cup flour, half salt-spoon salt, one egg, yolk and white beaten separately, one cup of milk. Add a part of the milk slowly, stirring well; then the remainder of milk with the beaten yolk. Lastly the white beaten to a stiff froth.

Bake in hot greased gem pans half an hour until browned.

CORN CAKES.

One cup corn flour, one cup wheat flour, one egg, one tablespoonful butter, one cup milk, two teaspoonsful baking powder, one tablespoonful sugar. Beat well together, and bake twenty minutes in pretty hot oven.

Best cooked in small patty pans.

MUFFINS No. 1.

Take three cups of slightly warmed flour, a salt-spoon salt, a cup warm milk and half a cup water. Dissolve half a yeast cake in two tablespoons warm water. Add to the mixture and put to rise at night.

In the morning have a griddle heated and greased, put on the number of muffin rings it will hold, having greased the rings. Take the batter as it is, and half fill the rings.

When raised and cooked on one side and takes the shape of the ring, raise up the ring and turn to bake the other side.

MUFFINS No. 2.

Four cups flour, half teaspoonful sugar, one-half teaspoonful salt, two and a half teaspoonsful baking

powder, two cups milk. Have batter a little thicker than for griddle cakes. Have a griddle hot and greased, lay greased muffin rings upon it, half fill them. When well cooked on one side and risen to tops of rings, remove the rings and turn with cake-turner. Do not bake too brown. When done, pull apart, toast slightly, and butter on each side. Serve hot.

TO TOAST MUFFINS.

Open the sides of the muffin half an inch deep exactly in the centre with a knife. Put the toasting fork in the middle, hold a little distance from the fire until partly warmed and turn the other side. When hot tear the muffin open; spread a thin layer of butter on each side close together, cut in half with a sharp knife and put in the oven for two minutes, and serve on a hot covered dish

GRAHAM GEMS.

Cream together one and a half tablespoonsful unmelted butter, and two tablespoons light brown sugar. Add one well-beaten egg and one cup milk, a salt-spoon salt, one cup of white flour into which two teaspoonsful of baking powder have been sifted together and one cup Graham flour not sifted. Grease gem pans and bake the cakes for twenty minutes in rather quick oven.

GRAHAM GEMS (PLAIN.)

One cup Graham flour, one cup cold water, mix well and add a little salt. Have the gem pans very hot, and bake in a hot oven for ten minutes.

POTATO CAKES.

Boil six potatoes, mash fine with a tablespoonful butter, a pinch of salt and one teaspoonful baking powder mixed and sifted with a cupful of flour. When well mixed, roll out in round cakes, and bake on a pan in a moderate oven.

Can also be made in one large cake, half an inch thick, the size of a dinner plate, cut in pieces, pie fashion, and put on a hot griddle greased with a little butter and turn frequently until brown. They are to be cut open, a very little butter spread in, and served hot.

BREAKFAST FOODS.

All cereals should be boiled in a double saucepan, and if one has not the fitted vessel, put a small saucepan, that is, the one in which the cereal is mixed, into a larger one with boiling water taking care that the water does not boil out. Where breakfast is to be served early, the cereal can be cooked the day before in a porcelain boiler where it may stand over night, and can be repeated in a saucepan of boiling water. A cup of meal mixed in a little cold water to three cups boiling salted water.

Cream of wheat, malt breakfast food, shredded wheat, rolled oats and cracked wheat are all nutritious; the latter requires longer boiling. "Force" requires no preparation and is better served with cream.

CORN MEAL.

Corn meal is relished by some as a porridge. Have two cups of boiling water in a double saucepan. Mix

a cup of the meal in a cup of cold water with a scant salt-spoon of salt, and pour in the boiling water, stirring until partly cooked. Let simmer for half an hour. May be cooked with half milk if preferred. Pour into porridge saucers, and let stand a few moments before serving.

GRANULATED OATS.

One cup of meal to three cups of boiling salted water. Mix in a cup of cold water and let boil an hour in double boiler. Serve with cream.

PORRIDGE OF ROLLED OATS.

Take four tablespoons of rolled oats, mix with a cup of cold water and a little salt, add three cups of boiling water and boil steadily for a half hour in a double saucepan.

HOMINY.

Take a cup of hominy, mix in a cup of cold water, add two cups boiling water and boil in a double saucepan for an hour.

Cracked wheat may be cooked in the same way and can be poured into a wet mould and served cold with cream.

SHREDDED WHEAT.

Shredded whole wheat biscuit gives a whole wheat food which is capable of being used at every meal in a variety of ways. Can be combined with meat, vegetables, fruit and cream, and makes most attractive dishes. Is also very nourishing and easily digested.

OATMEAL.

Coarse oatmeal should be measured one cup of meal to four cups of boiling salted water. The oatmeal should be first mixed in a cup of cold water and poured into the saucepan when the water is boiling. Let it boil briskly for twenty minutes, stirring most of the time on the fire, then place in the double saucepan and let boil another half hour. Place in porridge saucers before serving so as to form a jelly.

It is well to have a variety of cereals for breakfast. Wheatina, Malt Breakfast Food, Shredded Wheat, Force, the directions for cooking on the boxes.

OATMEAL PANCAKES.

Boil thoroughly two cups of rolled oats making a thick porridge. When cold, mix with it two cups of flour, three eggs, two teaspoonsful baking powder, salt and sufficient milk to make a fairly thin batter. Fry on a hot greased griddle.

MEAL COOKIES.

Take two cups of rolled oats, one of flour, two teaspoonsful baking powder, half a cup of lard or butter, mix well together. Then add two well-beaten eggs. Roll out thin and bake in a quick oven.

GRAHAM PANCAKES.

One cup of Graham flour, one teaspoonful baking powder, one egg well beaten, a pinch of salt, milk, or milk and water sufficient to make a batter, a teaspoonful molasses.

Fry on a greased griddle, a piece of fat pork will do or rendered suet.

CORN MEAL PANCAKES.

Take a cup of corn meal and pour over it a cup of boiling water, let it cool. Then add a half cup of flour, a teaspoon and a half baking powder, a tablespoonful molasses, and an egg well beaten, add enough milk to make a batter. Fry on a hot greased griddle. Serve maple syrup with it.

BREAD PANCAKES.

Put two cups of stale bread to soak in hot water for a few moments and then press the water out well. Add two well-beaten eggs, a half cup of flour into which a teaspoonful of baking powder has been sifted, and milk enough to make a batter. Fry on a hot greased griddle.

FRIED HOMINY.

Pour some well boiled hominy into a shallow pan about an inch deep. It can then be cut in square pieces, dipped in flour, in beaten egg and fine bread crumbs, then fried in deep fat. To be served with maple syrup.

BUCKWHEAT CAKES.

One cup prepared flour, or if the plain flour add a teaspoonful baking powder, a teaspoonful of molasses and water enough to make a batter a little thicker than

creamy consistency. Bake on a hot greased griddle the last moment before breakfast.

These cakes are also very nice raised with yeast. Dissolve a half yeast cake in warm water, and mix with two cups or a little more of the buckwheat flour. Let stand in a warm place over night. Add the molasses before cooking, and a pinch of baking soda.

INDIAN MEAL PANCAKES.

One cup of flour to three tablespoonsful of Indian meal or one or two spoonsful ground rice, two teaspoonsful baking powder. Mix with one egg, and two cups of milk. If with sour milk take a half spoon of soda.

Bake on greased griddle and serve with maple syrup.

EUROPEAN PANCAKES.

One egg, one cup of milk, two teaspoonsful of melted butter, a cup and a half flour, and a teaspoonful of baking powder. Make the batter thin, add a little water if too thick. Fry on hot griddle.

WAFFLES.

Three scant cups of well sifted flour with three teaspoonsful baking powder, a pinch of salt, two well-beaten eggs, two cups of sweet milk. Beat briskly for five minutes, and bake in well greased hot waffle irons, Butter as soon as cooked and serve hot.

TOAST.

Toast is a simple dish and yet how often is it served unacceptably, either burned and cold, or not toasted enough.

Warm the bread through by turning frequently and then moving it gradually to and fro until it has a yellow brown colour. Have the butter softened so that it can cover the toast without pressing too hard.

Stand in the oven for a minute and serve hot.

MILK TOAST.

Make a sauce of two cups of milk, a tablespoonful flour, a tablespoonful butter, a pinch of salt, if butter is not very salt. Put butter first in the saucepan, add the flour, then the milk gradually. Put a little of the same in a deep dish, and as each slice of toast is placed in, pour sauce between until the dish is filled.

A little boiled milk put carefully with a tablespoon on the crust improves.

BOSTON CRACKERS.

Take as many biscuits as required, put on a dish and pour over a cup or two of boiling milk. Then open the biscuits carefully with a knife and put a small piece of butter in each, pour on a little more milk, and stand in the oven for five minutes. Serve with hot plates.

EGGS BOILED.

Have a saucepan of boiling water ready. Put the eggs in carefully with a spoon and boil three minutes.

POACHED EGGS.

Have a frying pan filled with boiling salted water. Drop an egg carefully into the water, and take out when well set on a skimmer. Place on toast.

A poacher is the most satisfactory. Grease the poacher with a little butter and slide the eggs off carefully when cooked on to round slices of buttered toast.

EGG TOAST.

Beat two eggs very light, then add a cup of milk, dip some evenly sliced bread into the mixture, and fry in hot suet.

Sprinkle sugar on the top.

STUFFED EGGS WITH HAM.

Boil two eggs for twenty minutes. Put in cold water, then remove the shells and cut in half. Cut a small piece off the ends so that they may stand firm on the dish. Remove the yolks and mix with a little salt and pepper and fine chopped ham or tongue or prepared meat. Replace the mixture in the egg and pour white sauce over and garnish with parsley.

SCRAMBLED EGGS.

Mix two well-beaten eggs with half a cup milk, season with a little salt and pepper.

Pour into a hot buttered frying pan, and turn over with a knife throughout when cooking. Serve on a hot dish.

OMELETTE WITH HAM OR PARSLEY.

Take two eggs, separate and beat each part well, add seasoning, salt and pepper. Mix with two tablespoonsful of milk. Have ready a frying pan well heated and a small piece of butter just thrown on and bubbling. Pour in the mixture. Keep the pan moving and raise from the fire occasionally not to burn. Take a broad bladed knife, and pass around the pan at the edge, gradually turn over into a roll, and when well set and cooked tip on to a dish. Can vary with chopped ham, parsley, or any kind of meat, also can fold in green peas and tomatoes cooked and seasoned.

BACON AND EGGS.

Broil or fry thin slices of bacon, drop as many eggs in the pan as required after the bacon is cooked and serve on the same dish. Be careful that it is hot.

FRENCH EGGS.

One pint milk, two teaspoonsful flour which dissolve well in milk. When milk boils add the dissolved flour, stir well, add pepper, salt and butter of the size of a walnut. Beat well the yolks of two eggs with a teaspoonful vinegar. When the sauce is ready pour in the yolks, cook two minutes. Have six hard boiled eggs cut in half, place in centre of a dish and pour over the prepared sauce. Serve hot.

DRIED BEEF IN CREAM SAUCE.

Prepare a few flakes of dried beef; pour a little boiling water on it in a saucepan. Let stand one minute and

pour off water. Prepare a sauce of a tablespoonful of butter, then a tablespoonful flour and add gradually half a cup of milk. Let boil a minute and throw the beef into it, stirring a few moments. Pour into a hot deep vegetable dish. Put a few sprigs of parsley around. If the sauce is thick add a little boiling water.

STEWED KIDNEYS.

Carefully prepare a fresh ox kidney by removing all fat and fibre, wash well, and leave to soak in salt and water half an hour.

Cut into small square pieces and put into a saucepan with cold water. Let simmer gently for an hour or until tender. Season with salt and pepper. When cooked add a tablespoonful of flour, a tablespoonful butter, mixed in a little water, and boil a minute, a tablespoon of sherry improves. Some persons like a little chopped onion cooked with it or parsley, or flavouring of Worcestershire sauce or mushrooms.

Put in a few drops caramel.

MADE OVER TURKEY, FOWL, BEEF OR MUTTON.

Cut in small pieces, have a sauce made either white or brown according to recipe.

Heat the meat in its own gravy or add a spoonful of Edward's desiccated soup, or Extract of Beef. Season to taste and serve hot.

The meat may be chopped finer, and the sauce made a little more thick to put on daintily cut pieces (not

too large) of toast, put on the toast when just ready to be served.

The crust of the toast may be softened a little by pouring carefully a tablespoonful or so of boiling water before the meat is put on it.

SOUPS.

To make good soup it is necessary to procure fresh meat and bones, and to have it boiled the day before, so that whatever fat may be in will rise to the top, and can be skimmed off when cold.

Three pounds of shank of beef and the knuckles in which there is a good deal of nourishment, and between two and three pounds shank and knuckle of veal, the bones well cracked, an excellent soup can be made for several days. Place the meat in a large pot and cover with about six quarts of cold water, allowing a quart of water to a pound of meat. Add two carrots, one onion, a half turnip and three bay leaves, a stick or two of celery, leaves and all, pepper corns and whole cloves if desired.

Cover and let boil for five hours, then pour through a colander into a large bowl, put the meat and all into the pot again, adding two quarts water and let boil another two hours or until all the gristle is consumed off the bones. For family use a cup of barley boiled in the stock makes it of thicker consistency, but strain out of the soup with the vegetables, and it should not be put in when clear soup is required. A good stock

can be made of beef bones, mutton, veal and poultry. When not rich enough add a tablespoonful beef extract or Edward's desiccated soup. The latter is invaluable to have on hand to enrich gravies, macaroni and small dishes.

Soups may be varied by adding to the boiled stock, when all the fat is taken off next day, rice, barley, macaroni, vermicelli, vegetables, dumplings and noodles.

Barley soup is better made of the juice of the mutton, adding the scraps of the ends of neck, reserving the water in which the leg has been boiled and barley added next day.

Julienne is made by adding vegetables finely cut, such as carrots, turnips, celery, onions and peas, also a little flour mixed smoothly in cold water boiled in it and coloring added.

If very clear soup is desired take the stock, skim well, have ready the whites of two or three eggs not beaten too lightly and mixed in a little cold water and add before the stock is at boiling point, then stir well during boiling, and pass through a flannel bag. A piece of raw beef thrown in the soup also helps to clear it.

A tablespoon of sherry improves the flavour. The soup looks richer with a few drops of caramel added.

Caramel should always be kept in a corked bottle in the kitchen cupboard, and is useful in coloring gravies and jellies.

To make it take five tablespoons of sugar and place on the frying pan with very little water, and let it boil until quite black, then pour on a cup of boiling water and keep stirring until entirely melted. It will cake at first, but persevere in stirring the water into it, when it will soon melt, and pour through a strainer into a bottle.

Bouillon is made from a piece of the round steak; and chopped fine. To three pounds meat take three quarts cold water add a few vegetables such as onions, celery, bay leaves, parsley. Let it only simmer for three or four hours. Then put to cool when skim off the grease. When ready to use, clear with the white of an egg the same as jelly, season well, and add a spoon of sherry.

CLEAR GRAVY SOUP.

Four pounds shin of beef, one medium carrot, one stalk celery, a good sized onion, four cloves, twelve pepper corns, one bay leaf, a good sprig parsley, a quarter teaspoon each marjorum and savoury, half a teaspoon caramel, six pints cold water. Cut the meat the size of a walnut, remove all fat and marrow, break up the bones. Put meat and bones in a clean saucepan with cold water, cover the pan and set over a gentle heat letting it come slowly up to boiling point, skim and boil gently during one hour, put in the vegetables cut and washed, then seasonings. Remove scum, boil slowly three hours, add a piece of raw beef when nearly done, strain; when cold remove fat.

OX TAIL SOUP.

Two ox tails, three ounces butter, three ounces flour, one Spanish onion, one carrot, a stalk of celery, three cloves, a bay leaf, a sprig of parsley, six pepper corns, one tablespoonful mushroom catsup, a quarter pint port or claret, two quarts of stock.

Divide the butter into two portions putting half in a good sized pan and half into a frying pan. In the same pan fry the onion slowly to a light brown. Divide the tails into joints, flour them, and fry quickly in the frying pan taking care to have the butter hot.

Mix the remainder of flour smoothly with a cup of cold water, pour this into the pan when the onion is nicely browned as well as the stock.

Stir well until it boils up. Lift the pieces of tail out of the frying pan into the thickened soup, put in the vegetables and seasoning, salt to taste, cover the pan and simmer slowly for three hours. Pour through a sieve. Put the soup back into the pan and pick off the best of the meat to put into the soup. Boil up. Add the wine and catsup.

SCOTCH BROTH.

Three to five pounds neck of mutton, three quarts of water, two ounces pearl barley, a dessertspoonful salt, half a teaspoonful dried powdered thyme or marjorum three carrots, one turnip, one onion, one head celery, a quarter of a young cabbage, twelve pepper corns, a large teaspoonful chopped parsley, a teaspoon of

sugar. Prepare and wash the vegetables, and cut into very small pieces. Crack the bones. Very good soup is made from the scrag end of the neck put into cold water with the barley. Put in the vegetables when the water boils, continue to boil from two and a half to three hours.

HASTY SOUP.

One small vegetable marrow, a pinch of nutmeg, a pint of milk, one quart of water, one ounce of butter, salt and pepper to taste, a small tablespoonful flour. Peel and cut up the marrow (it is not necessary to remove the seeds) put it in a pan with the butter, water, nutmeg, a teaspoonful salt and a good pinch of pepper. Cover the pan and simmer about an hour. Rub the marrow through a sieve. Add the milk and flour smoothly mixed and boil up. A very little cream is an improvement.

TOMATO SOUP.

Take half a can of tomatoes, add two cups of water and a cup of stock; or a tablespoonful of Edward's desiccated soup. Let boil ten minutes, then add a pinch of baking soda.

Have ready a sauce made of one cup of milk, two tablespoonsful flour and one of butter. Mix all together, and let boil another five minutes, seasoning with salt and pepper. Strain into a hot tureen.

BROWN BEAN SOUP.

Soak one pint of beans in cold water over night. Place in saucepan with three quarts of water and an onion. Let boil four hours, add boiling water if too thick. Add a tablespoon of flour, a tablespoon of butter and a cup of milk, season with salt and pepper. Serve with a few slices of lemon.

POTATO SOUP.

Boil six potatoes in a quart of water. Mash and strain through a colander. Put on two cups of milk to boil in a double boiler with a teaspoonful of chopped onion and a stalk of celery. Pour on to the mashed potato, stir well and season, put back in the pot adding a tablespoon of butter with a tablespoon of flour. Let boil five minutes and serve very hot.

WHITE STOCK.

Four pounds knuckle of veal, one teaspoonful salt, one small carrot, half a Spanish onion, the white part of celery, ten pepper corns, a small bit of mace, one bay leaf, a sprig of parsley, a quarter teaspoon thyme and marjorum, seven pints cold water, boil two hours, add vegetables and seasonings and boil two hours more and strain.

Bones of fowls, cooked or uncooked, shank end from a leg of mutton, flavour the sauce as for white stock.

GIBLET SOUP.

Take the giblets and scald the feet of three chickens or fowls. Boil them slowly in two quarts of water with a carrot and an onion. A cup of good stock might be added, a bay leaf, and a little parsley. Simmer gently until the giblets are tender. Strain the soup, and put back in the pot, adding a tablespoonful of flour mixed in a little cold water. Cut part of the giblets to throw in the soup. Season well, and add a little coloring.

OYSTER SOUP.

First make a sauce of two cups of milk and one of boiling water or veal stock. Blend smoothly a tablespoonful of butter with one of flour, and a little cold water. Let boil all together, and then add a quart of oysters having first carefully taken out any pieces of shell and strained the juice. Then let stew until the edges of the oysters begin to curl, season with salt and white pepper and a blade of mace. Remove to back of stove. Better prepared in a double saucepan. Oysters should not be put in the soup too early, about a quarter of an hour before serving.

BOVRIL SOUP.

Take a carrot, an onion, a small turnip, a stalk of celery and a little parsley. Have ready a pot of three quarts of boiling water. Boil the vegetables until tender, add a tablespoonful of extract of Bovril, two tablespoons of good butter, a teaspoon of Worcester-

shire sauce, strain and put back in pot when a little macaroni or vermicelli or tapioca can be thrown in, and a small portion of vegetable cut in dice also, if preferred.

Can also be made clear with egg as per recipe.

CREAM OF CELERY SOUP.

Prepare a stock by boiling a small shank and knuckle of veal in three quarts of water for four hours or until meat is quite consumed. Strain and set aside to cool over night. Skim off the fat carefully next day.

Cut up a half head of celery in small pieces and boil in three pints of water until quite tender. Add this to the broth, season well with white pepper and salt and a blade of mace, also a tablespoonful of flour, a tablespoonful butter and a cup of milk. Let all boil up well together.

Chicken bones well boiled down can also make stock.

ARTICHOKE SOUP.

Take six or eight artichokes, throw into cold water as fast as they are peeled. Place to boil until tender, mash and strain through a colander. Put on two cups of milk to boil, add a tablespoonful of butter and a tablespoonful flour. Season with white pepper and salt, mix with the strained artichokes, and boil five minutes in a double boiler.

MOCK TURTLE SOUP.

Have a calf's head split and trimmed by the butcher. Put to soak in salt and water for an hour. Then place in a pot with a gallon of cold water, a slice of ham, an onion and a carrot. Let it boil until the flesh is well cooked. Cut off the meat and place all together between two plates to press. Put the bones back and boil until stock is reduced one half. Strain into a basin; when cool take off all fat.

Prepare a half pound finely chopped beef, season with salt and pepper and roll into very small balls in flour. Take a yolk of an egg, mix in a half cup of flour and also roll into very small balls. Add two tablespoonsful sherry, and boil the whole together another half hour; cut up small pieces of the meat to throw in the soup. Coloring can be added.

CHEESE SOUP.

Take three cups of milk, set it on the fire and bring to a scald. Then add two well-beaten eggs mixed in a little cold milk. Let it remain on the fire only to thicken to creamy consistency, add a cup of grated cheese.

Serve hot for a tea relish. It is good without eggs and is an economical way of using ends of cheese.

CORN SOUP.

Chop one can corn, add two cups of boiling water. Simmer twenty minutes, rub through a sieve, scald

two cups of milk with one slice of onion. Remove onion, and add milk to the corn. Take two tablespoons butter, two of flour mixed together and blend well with a little of the soup first, then add to the whole, put in a teaspoon of salt and a little pepper. Serve hot.

GREEN PEA SOUP.

Boil one quart green peas in two quarts water. Take four small potatoes which have been peeled and soaked in water for an hour, boil and mash fine. Add to the peas, and also one teaspoon sugar and one cup of milk. Season with salt and pepper. Strain, and let boil again for five minutes.

Serve with small squares of toast or croutons.

SPLIT PEA SOUP.

Take two cups of split peas previously soaked over night in water. Add three pints of hot water and an onion. Let it boil four hours, adding boiling water from time to time. Put in a tablespoonful of butter and a tablespoonful flour, well mixed in a little cold water, and blend smoothly with a cup of the soup. Let boil a few minutes, adding a cup of milk. Season and strain through a sieve.

Croutons should be served with it. To make these, take two slices of bread, cut in small squares and fry brown in boiling suet.

DUMPLINGS AND NOODLES.

Dumplings are made with one egg well beaten, one cup of flour, one teaspoonful baking powder, a pinch of salt, and a half cupful of milk. Drop a dessert-spoonful at a time into the boiling soup.

Noodles.—Rub into two beaten eggs and a salt-spoon salt as much sifted flour as they will absorb, then roll out thin as a wafer. Dry on a napkin before the fire. Roll over and over into a roll like roly-poly. Cut off thin slices from the edge of the roll and shake into long strips. Put them into the soup lightly and boil for ten minutes.

DUMPLINGS FOR STEW.

Two cupsful flour, two teaspoonsful baking powder, half teaspoonful salt, one cup milk. Mix well together. Take a tablespoonful at a time and place in the pot on the meat and boil twenty minutes.

FISH.

Fish can be relied on when the gills are set, eyes are full and the body firm and stiff.

Split open, clean and scrape thoroughly, wash in salt and water, dry with a cloth and dredge with flour.

Salmon trout and other small fish are usually fried.

In boiling put in salted water and a tablespoonful vinegar, allow eight minutes to the pound.

When broiling the gridiron must be well greased with rendered suet or olive oil and should be broiled over a clear hot fire.

When to be baked can have a savory dressing as for poultry. Must be tightly skewered to keep in the dressing and cooked in the oven on a roast pan, first putting a generous piece of butter on the pan. A medium sized fish will bake in about half an hour, a large one an hour.

A sauce can be made from the gravy in the dripping pan to which may be added a tablespoon catsup, the juice of a lemon, and thickened with a tablespoon of flour, mixed in a little cold water, and a few drops of caramel Garnish with parsley.

BOILED COD.

A piece of four pounds will take about forty minutes to cook. Scrape and wash well in salt and water. Then roll in a piece of cheese cloth and place in a pot of water near boiling point with a tablespoon of salt and a tablespoonful of vinegar. Boil gently, not too hard, as it is apt to break the fish. When cooked, lift the fish into a colander, let it drain well and open out the cloth, place your dish over it and turn over quickly.

Oyster or Hollandaise sauce may be served with it. Can also be boiled in slices in a stewpan, and carefully taken out with a skimmer.

BOILED SALMON.

A piece of four pounds, cut about the middle of the salmon or near the head, will take about forty minutes to cook. Put in salted water near the boiling point.

First see that the scales are carefully scraped off, then wash in salt and water, rinse and roll in a piece of fresh cheese cloth. If there is not a fish kettle put a plate in the bottom of the pot, and boil the fish moderately, not too hard. Wash an egg, put in the boiling water, and let it boil twenty minutes. Take out and put in cold water, then take off the shell, cut one or two slices and chop the rest for the same. Some put a tablespoonful of vinegar in the water.

Sauce can be made with two tablespoonsful butter, one of flour, and a cup boiling water, the juice of a lemon if preferred. Put some of the sauce over the

fish when serving, and the slices of egg, also a little parsley to garnish.

A most attractive dish for a luncheon or supper is a small boiled salmon served cold, laid on a bed of lettuce leaves, a slice of cucumber and a slice of tomato placed alternately around the fish.

Serve with Mayonnaise sauce.

BOILED HADDOCK.

Prepare the fish by removing the eyes and washing well in salt and water. Wrap in a cheese cloth either lengthwise, or formed in a roll head to tail. A fish of three pounds will take about twenty-five minutes, placed in a fish kettle with salt and water just at boiling point.

Oyster sauce is a nice accompaniment, or Hollandaise, or egg sauce.

FILLETED HADDOCK.

Put a tablespoon of butter in the frying pan. After wiping the fillets with a dry cloth, roll in flour and place on the pan. They will cook in ten minutes. A little butter can be spread on top.

Can also be broiled over a hot coal fire.

MACKEREL A LA NORMANDIE.

Cut off head and tail of one mackerel. Split the fish and wash well and dry it.

Put it in a bake pan the skin down with a half cup of bread crumbs, a tablespoon chopped onion and some

chopped parsley, a salt-spoon salt and a little pepper, Spread over it and bake thirty minutes.

SALT MACKEREL.

Soak the fish in cold water over night. Next day put in a stewpan and cook slowly for ten minutes, pour the water off, put a little piece of butter in the pan and let fry for five minutes. Put on a hot dish, and place a few slices of lemon and parsley around.

MACKEREL, SMELTS, HALIBUT.

Split the mackerel, wash in salt and water, dry well, roll in flour. Have the frying-pan hot with rendered suet, a piece of butter, or olive oil, whichever may be preferred, place on the pan, carefully turn with a flat tin turner, and cook for about ten minutes.

Is very nice broiled, putting a piece of butter on top when dished.

Smelts, halibut and filleted haddock can be prepared in the same way.

CHARTREUSE OF SALMON (Very Good.)

Parboil a cup of rice five minutes, drain and steam until tender, in about three cupsful of milk or stock, seasoned with salt, and two teaspoonsful curry powder. Line a buttered mould with rice. Fill the centre with a pound of cooked salmon, flaked and seasoned with salt, pepper and the juice of a lemon. Cover with rice and steam half an hour. Serve with egg sauce.

SALT SALMON.

A relish for Breakfast, with Baked Potatoes.

Take a pound of salted salmon and soak in water in a dish over night.

In the morning put in a frying-pan in a little cold water, and let simmer for ten minutes. Then pour off the water, put a piece of butter on the pan and fry until cooked through.

The potatoes of uniform size take from half an hour to three-quarters to bake.

FISH SCALLOP.

Two cups of cold fish either salmon or cod or other boiled fish.

Pick the fish carefully, moisten with an egg and a half cup of milk. Add a tablespoonful flour, a teaspoon of Anchovy sauce, salt and pepper to taste. Place in a deep dish, and cover with bread crumbs, butter the top, and brown in the oven. Send hot to the table.

HERRINGS, FRESH.

Take the herrings, scrape well, and wash thoroughly. Dry with a towel, roll in flour and fry in hot fat or butter. Serve on hot platter.

HERRINGS, SALT.

Soak two herrings over night in a dish of cold water. Wash well, and place in a frying pan in cold water. Let boil gently ten minutes, pour off the water, and fry in a little butter.

FISH BALLS.

Allow a half cup of shredded fish to a cup of hot mashed potatoes, mix well with a well-beaten egg, add a little pepper, and a small piece of butter. Form in balls, dip in flour, egg and fresh bread crumbs and fry in hot suet fat.

FISH PIE.

Mix two cups of cooked boiled fish with three cups of warm mashed potatoes, and a small piece of butter and a little pepper, also a well-beaten egg.

Put on a pie plate, place a rim of pastry around and bake half an hour.

PICKLED SALMON.

Take two pounds of freshly boiled salmon, or the remains from dinner or luncheon.

Place the fish in a deep pudding dish.

Boil the bones of the fish (some of the head bones would add to the richness), in about three cups of water, adding six pepper corns and six whole allspice, two cloves, broken down with a masher, and a tablespoon of salt. When well boiled add a small cup of cider vinegar, and let come to a boil again. Pour through a strainer over the fish and let stand until cold.

Ontario Lake White fish is very nice prepared in same way.

DESICCATED FISH ON TOAST.

Take a tablespoonful desiccated fish, pour over a little boiling water for a minute. Put into a strainer.

Have ready a chopped hard boiled egg. Mix with the fish and prepare a sauce of a tablespoonful of butter, a tablespoonful flour, a half cup of milk, a speck of cayenne or a little dry mustard. Give all a boil together, and serve hot on small daintily cut pieces of toast.

SMOKED HERRINGS.

A Relish.

Broil the herrings, pare off the skin and trim off the heads and tails, split and scrape the loose bones. Place on strips of buttered toast and put in the oven for five minutes and serve hot.

AN ENTREE OF SALMON.

Cut in small pieces a pound of cooked salmon. Make sauce the same as for the hot boiled fish, mix together and place on shells or in small china cups for the purpose. Sprinkle bread crumbs on top of each, place in the oven for ten minutes. Garnish with a sprig of parsley.

Lobster can be prepared in the same way, add a speck of cayenne.

SALMON MOULD.

One pound cold salmon, pick out all the bone and skin, soak a half ounce of gelatine in a very little cold water, dissolve, add salt, pepper and cayenne to taste, two to three tablespoonsful common vinegar, one tarragon vinegar, tiny pinch ground mace, add the salmon and put in a wet mould. Turn out on a bed of lettuce.

MEATS.

GENERAL REMARKS UPON MEATS AND THE DIFFERENT CUTS.

Many are under the impression that to enjoy a piece of roast beef it must be of at least seven or eight pounds, and still more, from twelve to fifteen pounds. This is suitable for a large family.

It is possible to have a rib roast of four pounds tender and juicy. It should be rolled in that case, and have a little fat mixed in it.

It should only be cooked in a hot oven for one hour. The most nutritious cuts are those near the neck. The chuck slice is excellent for producing a rich gravy in stewing. The third and fourth prime chuck roasts are recommended as very satisfactory and can be obtained at a much lower price than the select roasts. The *flank* steak is a profitable piece, weighs from one to three pounds, and has no bone.

A part of the round called the "silver side" is tender for frying or for making beef olives. Meat puddings and pies can be made from the cheaper nourishing pieces. The tender-loin and sirloin pieces are very choice. The flank and brisket pieces are excellent for corning and the shanks and knuckles for soup.

For a large family the *second cut* is the most satisfactory. It has only a small part of the blade which can be cut out and a piece of fat put in its place.

It is necessary for the young housekeeper to attend to her own marketing. She can make a better selection.

A prominent butcher once remarked that the demand for steaks and chops was very great, and that they were often asked for at a late hour and expected to be delivered at once.

When there are three or four chops in a pound, and the trimmings are taken off, it means an expensive dish. In steak also, unless one attends to the marketing early in the morning, frequently the proper cuts cannot be secured.

It is more economical to buy a forequarter of mutton which is cheaper. It can be cut in half by the butcher, the blade bone taken out, and a nice dressing as prepared for fowl can be put in its place. The neck and flank can be stewed with vegetables or to make a pot pie or with pastry.

Vegetables can be secured more fresh in the morning.

The larder should be visited every morning, when probably remains of meat, fish or fowl can be utilized. Ends of steak can be converted into a hash being chopped fine, and a gravy provided with stock in hand or with a tablespoonful of Edward's desiccated soup or beef extract. A palatable dry hash can also be made with the addition of a few cold potatoes.

Dry pieces of bread can be cut into small squares or dice and fried in fat to make Croutons; a very nice addition to soup.

A cold carrot or beet helps to make a salad.

Croquettes can also be made of pieces of poultry, veal and beef. If there is not very much meat, bread crumbs, boiled rice or macaroni can be added. The basis of the croquettes is the sauce, either white or brown. (See recipes.)

Delicious sandwiches can be made with left-over meat or poultry. The addition of hard boiled eggs, and good flavouring, such as lemon juice, grated horse-radish, parsley, grated cheese can be used. Left over cereals can be utilized. They can be poured into a granite dish about an inch thick, left to get cold and then sliced, dipped in flour, egg and bread crumbs and fried.

Scraps of fat should be rendered and will be useful in frying. When one cannot buy large joints it is well to make it a rule each week of buying two or three pounds of fresh scrap suet which can be obtained from the butcher at five cents a pound and is more economical than butter, and not so heavy as lard.

This fat can be rendered either on a frying pan constantly stirring and pouring off the fat as it melts, or put into a large saucepan with enough water to cover, and allowed to cook until the fat is melted, then strain, and when cold the fat can be removed and water poured off.

The thick part of the shank of soup beef and veal can be made into potted head if a part of the meat is cut off before too much cooked.

It should be cut into small pieces, nicely seasoned, a little Worcestershire sauce added, and with a cup of the stock when well boiled down, and a half ounce of gelatine added, will make it firmer. The bones and knuckle can be put back in the soup-pot to boil longer.

Although the round of beef is the piece selected for "bœuf à la mode," yet, for a small family, four or five pounds of the shoulder with the small part of the marrow bone makes a very tender dish. (See recipe.)

In cooking the cheaper cuts of meat it is well to *braise* them, that is, put into a close covered pot in the oven with a few slices of salt pork, a whole onion, a carrot, and a half turnip cut in small pieces, a teaspoon summer savory or thyme, a little water or soup stock and cook very slowly.

Macaroni is very nutritious and can form the best part of a meal with very little meat. Combined with cheese it is tasty and with stock gravy and tomatoes makes a variety.

It, as well as rice and hominy, can take the place of potatoes between seasons when the old potatoes are tasteless, and the new too scarce and expensive.

ROAST BEEF WITH YORKSHIRE PUDDING.

A small rib of four pounds rolled takes about an hour to cook. Place in a roasting pan and raised on a

trivet a little above the pan, put in a very hot oven at first until well browned, then lower the temperature a little, put a cup of boiling water in the pan and baste frequently. Sprinkle a little salt and pepper over when taken out of the oven.

YORKSHIRE PUDDING.

One and a half cups of milk, one and a half cups flour, one teaspoonful baking powder, four eggs, whites and yolks beaten separately. One small salt-spoon salt. Pour off the fat from the top of the gravy in the dripping pan leaving enough to prevent the pudding sticking to the pan.

Place the beef on top of an inverted tin mould in the middle of the pan, and pour the batter in so that the juice of the meat may drop into the pudding. When the pudding is baked put beef in the middle of a platter, cut the pudding in squares and place around.

Add a little water to the gravy pan, and a tablespoonful of stock or Edward's desiccated soup, also, a teaspoonful of flour, and add a few drops of coloring if not brown enough, season, and boil two minutes and pass through a strainer into the gravy-pot.

Allow fifteen minutes to the pound, but less if preferred very rare.

ANOTHER YORKSHIRE PUDDING.

Very Light.

Beat three eggs very light, add two heaping tablespoons of flour, season with salt and pepper. Add

enough of milk to make the consistency of cream. Have a platter very hot with beef dripping on it, pour on the batter and cook in an hot oven twenty minutes.

To be a success should be served hot from the oven when the meat is being carved.

Potatoes baked in the pan with the beef are also very nice. Should be well browned.

FILLET OF BEEF.

Take two pounds of tender-loin from which remove all skin and grease. Some prefer to have it larded.

Brown it well in a frying pan with two large spoons of butter.

When nicely browned place over rather a slow fire, turning frequently until cooked through. Prepare a rich sauce with two large spoons of butter, one of flour, one of tomato sauce, half teaspoon Worcestershire sauce, a cup of stock, or a tablespoonful Edward's desiccated soup previously soaked in a little cold water. Then add to gravy in the pan, and boil two minutes, season well and add a spoon of sherry if preferred, also a few drops of caramel if not brown enough. Strain the gravy.

Put a small portion of the gravy over the meat and the rest in a hot sauce-boat.

Mushrooms are a very nice addition, can be slightly stewed and placed around the dish.

BEEFSTEAK BROILED.

Beefsteak is much better broiled over hot coals.

Charcoal placed on coal makes a quick fire for broiling. Turn frequently. Have a hot platter near and hold the gridiron over the dish to catch the gravy. When cooked place on the platter which must be very hot, spread a little good butter on each side and sprinkle with salt and pepper. It is served sometimes with chopped parsley, and fried onions are also relished with it, placing the onions around the steak.

Can be fried on hot pan with a small piece of butter or suet, and turned frequently. Spread a little butter, pepper and salt, and serve hot.

BEEFSTEAK PUDDING.

One cupful suet chopped fine, two and a half cups sifted flour, one teaspoon salt, and water sufficient to make a dough. Roll out the dough, and line a buttered bowl. Fill with one pound of beefsteak or a slice of the neck, and a beef kidney cut in small pieces, season with salt and pepper and sprinkle a tablespoonful of flour through it. Flour a pudding cloth and tie tightly over the bowl, immerse in a kettle of briskly boiling water and allow to boil steadily four hours. If preferred can be made without the kidney, add more beef.

TIMBALE OF BEEF.

Chop fine two cups of cold beef, a half cup of bread crumbs, salt and pepper, a little onion juice (which can

be extracted by a lemon squeezer kept for the purpose). Heat two-thirds cup of stock or milk.

Melt one tablespoonful of butter, and add a well-beaten egg. Mix with meat after seasoning celery-salt and pepper, put in a well-greased bowl, cover with greased paper, and bake for a half hour in a moderate oven. Serve with gravy, or it may be served cold.

A SMALL PORTION OF BEEF STEW.

A pound of round of beef to a quart of water.

Add a medium sized potato cut in small pieces, a quarter of an onion, and a little chopped parsley. Cook slowly for an hour, add a little water if required, and make the gravy creamy with the addition of a dessert-spoon of flour, mixed in a little cold water, and a few drops of caramel. If any flavouring is desired a half teaspoon of Worcestershire sauce or tomato sauce could be added.

COLLOPS (Economical.)

Take a pound of uncooked minced meat, round steak is the best, put in a saucepan with a pint of cold water, let it slowly simmer and keep stirring at first until well separated in the water.

Then season to taste, a little Worcestershire or mushroom sauce gives a flavour. Thicken with a table-spoonful of flour mixed in a little cold water and boiled in, also a few drops caramel. It can be dished with a border of rice or toast cut in fancy shapes, or a rim of

pastry. It is a most nourishing dish, especially for children.

BOEUF A LA MODE.

Recommended as a most Palatable and Nutritious Dish.

Take a piece of beef cut off the round about four or five pounds and between four or five inches thick. Have a quarter of a pound of fat fresh pork cut in long strips, about half an inch square. Prepare a dressing the same as for chicken with a full cup bread crumbs, a half teaspoon mixed dry herbs, an egg, and pepper and salt. With a thin sharp knife make incisions through the beef a few inches apart. Push in the pork with the finger and some of the dressing at the same time. Tie tightly round with twine and run a skewer in to keep firm. Place in a deep round saucepan with a cover and nearly cover with lukewarm water. Also, put in with the meat two small carrots cut in quarters lengthwise, an onion with eight or ten cloves stuck in it. The onion must be taken out when dished. Takes four hours to cook. When the meat is tender take it out and put in the roast-pan on the top of the oven and a little dressing over it to brown. Make a nice gravy by first skimming, and then adding a tablespoonful of flour to thicken. A teaspoonful of Worcestershire sauce may also be put in and a tablespoonful of sherry or port wine. A few drops of caramel to colour if required.

It is very nice made of the shoulder, a piece with the narrow part of the marrow bone; between four and five

pounds, and cut four or five inches thick. Must be well tied in a round piece.

MEAT BALLS.

Procure a pound of the round steak finely minced, season, a dessertspoonful salt, half a teaspoon white pepper. Mix well, form into balls with the hand, taking a very little flour in the hand at the same time. It makes about ten balls. Put a tablespoonful butter on a frying pan and when hot put the balls in.

Turn frequently until quite brown, then remove to the back of the stove, nearly fill the pan with water, and cover and let simmer gently for three-quarters of an hour. Dish the balls, and mix a tablespoonful of flour with a little water and boil in the gravy. If not seasoned enough add a little salt and pepper, and a teaspoonful Worcestershire or tomato sauce, a tablespoonful of sherry improves and a few drops caramel darkens the gravy, which pour over the balls.

Put parsley around the dish.

BEEF OLIVES.

Take a pound and a half of the tender part of the round steak, cut into small squares. Prepare a dressing the same as for poultry, put a tablespoonful in each square, and roll and tie with a piece of twine. Place on a frying-pan with a small piece of butter, and let fry until brown, turning frequently. Then fill the pan with hot water and let simmer for half an

hour. Thicken the gravy with a tablespoon of flour, and add caramel and a teaspoonful of mushroom or Worcestershire sauce. Pour the gravy over the olives on to a hot dish. Pickled olives can be chopped fine and thrown in the gravy.

ROAST BEEF COLD.

Cut in thin slices, ornament with small moulds of Aspic jelly or tomato jelly, which set on lettuce leaves, garnish with parsley. Tomatoes cut in slices and fried in a little butter are very nice served with this dish.

CORN BEEF.

A piece of five or six pounds of the round with a little fat attached is the best. Place in cold water and let it simmer only. Allow thirty minutes to the pound.

Cabbage is usually served with the beef, but is better boiled in a separate pot. See Cabbage.

A very nice hash can be prepared with the cold corn-beef, and finely chopped potato, equal parts, a little pepper and butter added.

VENISON.

Take a haunch of five or six pounds, cover with a paste of flour and water and allow fifteen minutes to the pound; it is better rare.

Make a sauce of butter and flour, adding a half tumbler of currant jelly, and a tablespoonful of sherry.

Remove the paste when cooked, spread a little butter

over the venison and leave in the oven for a few minutes. Venison steaks are fried and broiled the same as beefsteak.

ROAST SADDLE OF MUTTON.

Wipe carefully with a damp cloth. Place in the roast-pan in a hot oven, should be basted frequently. When brown throw a cup of water in the pan.

As it should be served a little rare, ten minutes will be sufficient to the pound.

Prepare the gravy by first pouring off the fat in a bowl which is useful afterwards in warming potatoes. Thicken with a teaspoonful of flour, a little water and a few drops of caramel. Sprinkle a little pepper and salt over the meat, as well as season the gravy. Red currant jelly is usually served with mutton.

BOILED LEG OF MUTTON.

Have a pot of boiling water ready, and put the meat in, let it simmer gently. If turnips are desired with it put in a half hour before the meat is to be dished. Allow fifteen minutes to the pound.

CAPER SAUCE.

Take a tablespoonful of butter, put in a small sauce-pan. When it begins to melt add a tablespoonful of flour gradually, and a cupful of the liquor in which the mutton has been boiled. Put in a tablespoonful of capers.

SHOULDER OF MUTTON.

Have the shoulder bone taken out, and in its place put in a savory dressing the same as prepared for chicken.

Skewer it over to make it round, put in the roast-pan in a hot oven. Let brown and add a little water to baste well. Allow twelve minutes to the pound.

Make the gravy the same as in the saddle of mutton.

Currant jelly should be served with it.

MUTTON CHOPS.

Have a well-greased gridiron and a strong fire.

Let the chops be of uniform size and nicely trimmed.

They should be smaller if desired to serve around a mound of potatoes or peas, and the bones scraped.

Turn frequently, and be careful not to have them over-cooked, or they will be hard.

Serve in a circle on a hot dish, sprinkle with salt and pepper, and spread a very little butter.

Tomatoes fried in slices with butter and seasoned are a nice addition. The French chops should be ornamented with paper frills.

MUTTON CHOPS BREADED.

Take six mutton chops, wipe over with a damp cloth. Place on board and pound lightly with a wooden masher and with a sharp knife remove any particles of fat or sinew. Take an egg, beat to a froth, have ready some bread-crumbs on a plate, and flour on another

plate. Roll each chop first in flour, then in egg, then in bread crumbs. Have a pan of rendered suet very hot, sprinkle chops with salt and pepper, immerse until brown, then take out with a skimming ladle. Place on a hot platter.

Tomato sauce is suitable with this dish.

LAMB POT-PIE.

A pound or more of lamb from flank, neck or shoulder cut small, put in nearly boiling water a small onion, a carrot, and half a turnip, season to taste. Thicken the gravy with a scant tablespoon of flour and put in a few dumplings or potatoes.

DUMPLINGS.

One cup flour, one teaspoonful baking powder, half a cup milk, and a pinch of salt, beat up, take a piece at a time, put a little flour on the hand, roll lightly, and flatten in a round cake, and put on top of the stew and let cook ten minutes just before serving.

MUTTON OR BEEF STEW.

Take two pounds of either meat with as little bone as possible and less fat. Place in a frying pan with a spoonful of butter, browning it slightly. Put in a good sized pot with three pints water and allow to boil slowly. In the meantime prepare the vegetables such as a turnip, a carrot, an onion and a few potatoes and put in

the pot. When the meat is tender take it out, and place on a platter in the centre and the vegetables around. Thicken the gravy with a tablespoonful of browned flour, a teaspoonful of tomato sauce, and season with salt and pepper. Pour the gravy over all.

CROWN OF LAMB.

Take the loin and have the bones split down between the chops, and the bone of each chop must be scraped. Then roll the loin in a circle and fasten securely with a skewer and string. A small thin piece of pork should be wrapped around each bone to prevent burning. Allow ten minutes to the pound. Baste well. In serving, put a small frill of paper on each bone. A gravy can be prepared the same as that for saddle or roast.

CALF'S HEAD.

A calf's head makes a tasty nutritious dish; it can be eaten hot with sauce, pressed cold with jelly, and forms the basis of mock turtle soup.

Direct the butcher to split in half, extract the eyes, cut out the tongue, and remove the brains. Trim off the nose and jaw bone. Wash well, and soak for an hour in salt and water. Put aside the brains in cold water for another dish.

Boil the tongue with the head and take out of the pot when tender. Cover the head with six quarts cold water and when that comes to boiling point pour off and add fresh boiling water, adding an onion, a carrot,

six pepper corns, a bay leaf and a sprig of parsley, let boil until meat is tender when cut off the meat in slices and return the bones to the pot, the feet can be added, and the stock well boiled down, cut off remains of meat and the feet, add a porksteak cooked separately and cut all in small pieces. Season with salt and pepper, a quarter spoon ground cloves, the juice of a lemon and a wineglass of sherry, and put in a mould to cool.

The tongue and brains can form a side dish. The brains which should be soaked for a half hour in salt and water can be tied in a piece of cheese-cloth and boiled for a half hour with a half onion and three grains white pepper. When cooked, place around the tongue which should be cut in half lengthwise on the dish, and then covered with a white sauce with chopped parsley. The sliced meat can be egged and breaded over; and also served with sauce to which may be added an egg, a spoonful of cream, half the juice of a lemon and chopped parsley.

The meat is also very nice cold if pressed between two plates when taken out of the pot, a little salt and pepper sprinkled over and served with any piquante sauce. Can be garnished with Aspic jelly.

FILLET OF VEAL.

Procure from four to six pounds of the upper part of the leg of veal. Have the butcher remove the bone. Prepare a dressing the same as for a fowl and put it in the place of the bone, tie tightly round and skewer.

Place a few slices of thin mixed pork across the top when put in the oven which must be hot. When well browned throw a little water in the pan and baste frequently. Allow fifteen minutes to the pound. Make the gravy in the pan with a little flour, coloring and seasoning. Garnish with slices of lemon.

VEAL CHOPS OR CUTLETS BREADED.

Take the quantity required, rub each chop or cutlet with a damp cloth, have ready a plate of flour, a well-beaten egg on another plate and fine fresh bread crumbs on another, season the latter with a little salt and pepper. Dip into each and place on a hot frying-pan with butter or rendered suet, turn frequently until a golden brown and well cooked. Place on a hot dish and garnish with thin slices of lemon and parsley. A gravy can be made by adding a spoon of white stock, or tomato sauce.

VEAL AND TONGUE.

Take a corned ox tongue, soak half a day, and put into cold water and boil tender, will take about three hours. Remove the skin and trim the root off. Have a breast of veal boned. Spread it out and rub with salt and pepper. Lay the tongue in the centre of the veal and roll it around the tongue. Take a piece of cheese-cloth, wrap securely around the veal, and place in a granite pan just large enough to hold it. Add a seasoning of six cloves, one onion, a stalk of celery,

a few sprigs parsley and cover with a cup or two of hot water and let bake three hours.

Place between two dishes with a weight on top, and when cold remove the cloth.

Boil the stock left, adding a half ounce of gelatine dissolved in very little water, season with the juice of half a lemon or a tablespoonful vinegar, a speck of cayenne and a few drops of caramel. Put half the stock in a mould, then the veal and fill up with the remainder. Garnish with radishes, a few sprigs parsley and sliced lemon.

VEAL ROULADES.

Half a pound very thin slices of veal, two ounces cold boiled ham or bacon, one ounce flour, one teaspoon salt, one-third teaspoon pepper, a pinch cayenne, a little grated lemon rind, a quarter salt-spoon nutmeg, one small shalot and one sprig of parsley cut fine. The slices should be about three inches long, one inch broad, and as thin as they can be cut without breaking. Mix all the seasoning ingredients together. Roll the slices of veal in the mixture until both sides are covered. Cut the bacon or ham into pieces a quarter of an inch broad, a quarter inch thick and one inch long. Roll the seasoned veal round these. Then dip the rolls in frying batter, drop them in hot fat and fry them a pale brown. The frying will take five to seven minutes. Arrange on a napkin and garnish with parsley. The breast of chickens cut lengthwise can be used instead of veal.

FRYING BATTER.

Three tablespoonsful flour, pinch of salt and pepper, yolk of an egg, a tablespoonful salad oil, enough cold water to make a thick batter, whip the white of the egg and stir in.

SHOULDER OF PORK.

Procure four or five pounds of the shoulder or rib of pork. Place on a roast-pan with a cup of water. Allow twenty to twenty-five minutes to a pound, as pork must be well cooked. Baste frequently. Make a gravy by pouring off the fat, add water with a tablespoonful of flour, salt and pepper, and a little coloring if necessary.

Apple sauce should be served with it.

PORK CUTLETS.

Select young pork not too fat. Pork requires much longer cooking than beef or mutton.

Place on a hot frying-pan with a small piece of butter and turn frequently. Season well with pepper and salt. When done put on a dish and keep hot. Add a little water to the pan with a teaspoon of flour, and caramel.

If much gravy is desired it can be made with a tablespoon of chopped onion fried in a little of the fat, then a teaspoon of flour, moisten with a cup of stock or water, a bay leaf, a teaspoon vinegar and salt-spoon mustard, mix well, let boil a minute and strain over the cutlets.

TO BOIL A HAM.

Wash and scrape the ham and let soak an hour. Put into cold water and let it boil slowly allowing eighteen minutes to the pound. Let cool in the water. When the skin is drawn off cover with fine bread or cracker crumbs, and put in the oven to brown.

Can be ornamented with cloves or Aspic jelly. A frill of paper should be put around the bone.

TO BAKE A HAM.

Cover the ham with a thick paste of flour and water, raise on a small trivet in the roast-pan. Allow fifteen minutes to the pound.

FRESH BOILED TONGUE SERVED HOT, AND SALT TONGUE.

A fresh tongue should be boiled in salt and water one and a half hours. When tender the skin should be removed and the tongue cut in thin slices and placed in circular form on a dish or served whole. Have ready a white or piquante sauce with a speck of cayenne, a few capers and chopped pickle, a teaspoon vinegar, and serve hot with a little of the sauce thrown over it, the rest in a sauce boat.

A salted tongue requires eighteen minutes to the pound. When the skin peels off easily it is cooked. It can be rolled in a round jar and half a cup of meat

jelly or flavoured uncooked jelly thrown in. It can also be kept flat by putting skewers through it at either end on a board and garnished with jelly.

PORK AND BEANS.

Put two cups of beans, the brown beans are preferable, to soak in four or five cups of water at night.

In the morning pour that water off and place in a saucepan of fresh water to boil. Boil about two hours until tender.

Have a pound of well-mixed pork boiled in a separate saucepan for about an hour, take the skin off and place in the middle of an enamelled dish with the beans covering it. Bake slowly for an hour and a half, and reserve a cup of the bean water to pour through it. Some prefer a tablespoonful of molasses to be added to the water.

BOILED BACON AND SPINACH AND BOILED BACON AND CABBAGE.

Take a well mixed piece of bacon or well mixed salt pork about two pounds and place in a large saucepan with three quarts of water.

Let boil two hours or until tender that the fork can penetrate and the skin be removed easily. When the skin is taken off sprinkle with a few fine bread-crumbs, and put into the oven to brown.

Have the spinach well washed in several waters, then put into a saucepan with a cup of water, keep stirring until it is cooked, throw into a colander and drain well, chop fine, adding a little butter, pepper and salt. Serve around the bacon.

Cabbage takes about twenty minutes to boil; a pinch of soda thrown in prevents odour.

POULTRY AND GAME.

Boned Jellied Turkey.

Take a turkey of about eight pounds, have nicely dressed and washed thoroughly in salt and water. Place the turkey on a bread-board. Take a sharp thin pointed knife and commence at the back of the neck, and pass around as close as possible to the bone. Disjoint the leg bones, and cut off the wings, or if preferred can be boned also. Follow on with the knife carefully, taking out the tendons of the legs, leaving them whole. Withdraw the carcass and sew up the open parts except at the neck.

Have ready prepared and cut in even square pieces about half an inch square, half a parboiled tongue, three pounds of fresh pork not too fat, two pounds of veal, and a fowl cut in the same way. Mix in a large tablespoon of salt, a teaspoon white pepper and a quarter salt-spoon of cayenne. Mix thoroughly with the meat. Fill the turkey from the neck pretty firm shaping the legs, which tie across together. Turn the skin of the neck back and sew tightly.

Roll in a cloth of unbleached cotton, and tie at each end. Have a large pot of water ready, place a dish in

the bottom and put the turkey in when the water is near boiling. Let boil steadily, but not too fast, for two hours and a half.

When boiled put on a dish with the cloth, place another dish on top on which place two flat irons. Let it remain over night until quite cold.

Take off the cloth, remove the fat and threads where it was sewn.

To garnish with jelly, take an ounce of sheet gelatine, dissolve first in a cup of cold water, then add a cup of boiling water, season with salt, pepper, and a speck of cayenne, add the juice of a lemon or a tablespoon vinegar. Does not require boiling. Can make three shades of colour by dividing the jelly into three equal portions. Leave the first as it is which answers for chopping, the second can be colored with a tablespoonful of Worcestershire sauce or caramel, and the third with beet-root or cochineal. To colour with beet-root, take three or four slices uncooked and boil in the jelly until a deep red colour.

When the jelly is stiff on plates in thin layers, can be cut into any form to ornament. The pure white looks well, chopped fine in mounds between the others.

Stock jelly can also be made but requires long boiling. Calves' feet and beef knuckles make good stock. (Recipe given in Aspic jelly.)

ROAST TURKEY.

A turkey of eight or nine pounds is ample for a family of eight.

A boiled tongue or a piece of well mixed bacon is very nice served at the same time.

Have the turkey properly singed, and no pin feathers left in, and quickly washed in salt and water, but not allowed to remain in the water, dry and take out the sinews of the legs.

Make a dressing with two cups of bread-crumbs, a small teaspoonful summer savory, a teaspoonful of butter rubbed through the crumbs, a beaten egg to bind it and a small salt-spoon salt, and a little pepper. Stuff the breast and turn over the skin well and tightly skewer.

Press down the breast bone and pass a skewer through the legs. Spread some pieces of butter on the top and put into a hot oven, but not so hot as to blister. Baste often, put a very little water in the pan, and when nearly done pass a little more butter over it.

It should be cooked in an hour and a half, but fifteen minutes to the pound is what is allowed.

When the turkey is put in the oven place the giblets, which have been well cleansed in water, in a saucepan on the stove. Simmer gently until tender. Chop fine and put in the gravy. Thicken with a tablespoonful of flour and a little pepper and salt.

STEAMED TURKEY

(With Celery or Oyster Sauce.)

Prepare the turkey as for roasting, place in a steamer on a large oval kettle.

Have the kettle filled with water some time before, and when the water boils put on the turkey. It will take nearly two hours to steam, but must be watched as some birds are more tender than others and an hour and a half might suffice.

A tender fowl will take about an hour.

Sauces per recipe.

ROAST CHICKEN.

Prepare and dress the same as the turkey.

Also the gravy may be made the same way with the giblets.

Three-quarters of an hour will suffice to cook, if young.

BROILED CHICKEN.

Only young tender chickens are fit for broiling. Wash well, split down the back and place on a gridiron with a few slices of salt pork, turn frequently. When cooked put on a hot platter with a little butter on top.

FRIED CHICKEN.

Prepared in the same way as for boiling, split down the back, skewer into shape, and have a frying pan well heated with a small piece of butter upon it. Place the breast part on first and let brown thoroughly, but be careful not to burn. Turn over, and put a cup of water in the pan and cover. Leave this for ten minutes, then pour off the water for gravy and let fry a little longer.

Sprinkle salt and pepper over the fowl, and also put a small piece of butter.

If gravy is desired the same as for roast chicken.

CURRIED CHICKEN.

Take a dressed chicken, cut off the legs and wings, leaving breast bone whole.

Place in a pot and cover with hot water, add an onion. Simmer slowly for an hour. When the chicken is quite tender place on a platter.

Thicken the sauce with a tablespoonful of flour, and a tablespoonful of butter, adding one teaspoonful of curry powder, first mixed in a little water.

A half cup of rice can be boiled in a separate double saucepan, in two cups salted water, and when boiled take by spoonful to garnish around the dish with a few sprigs of parsley.

STEWED PIGEONS OR SQUABS.

Look over carefully and wash thoroughly in salt and water. Dry well. Put in a savory dressing of a half teaspoonful of mixed herbs, a cup of bread crumbs, an egg, salt and pepper.

Leave the feet on, scald them by holding in a bowl of boiling water. Tie the feet crosswise. Run a small skewer through the skin over the breast to secure the dressing. Place a few slices of corned pork in the bottom of a stewpan and cover with water, a cup of good stock adds to the richness. Let them cook

slowly, and when tender put in the oven or on a frying pan with a little butter to brown.

Serve on toast; thicken the gravy with a tablespoonful of browned flour. To make this "roux" as it is called take a tablespoonful of butter and one of flour and stir in a frying pan until brown. A tablespoon of claret or port wine improves.

ROAST DUCK.

Have the duck nicely dressed, singe well, and wash in salt and water. Stuff with fresh hot mashed potatoes with a quarter of an onion finely chopped, and salt and pepper.

Fill the breast and body with potatoes. Tie and skewer tightly into shape. Dredge with a little flour, and sprinkle salt and pepper over it.

Roast in a hot oven for an hour. Should be basted frequently.

Apple sauce should be served with it. The gravy made by adding a little water to the pan and the giblets cooked separately and chopped fine can be put in with a little flour to thicken.

SALMI OF DUCK.

Can either be made with the cooked or uncooked meat.

A sauce can be made with the bones of the duck, and the meat cut in slices, a cup of stock added to the sauce with a quarter of an onion chopped, a carrot, and a half

teaspoon mixed herbs. The uncooked meat will require long slow cooking until tender, the cooked meat only requires being heated through after the sauce is boiled. Season with salt and pepper and a tablespoonful of sherry.

ROAST GOOSE.

May be dressed in the same way as the duck. Requires long cooking, eighteen minutes to the pound. Should have a little water in the pan, closely covered and frequently basted. Take off the cover and let it brown nicely for half an hour before serving.

Thicken the gravy with a little browned flour, and part of the giblets can be added chopped fine.

PARTRIDGE.

Dress the same as for chicken, but leave the feet on previously well scalded. Roast with a few slices of bacon placed across the bird, put a little water in the pan, and baste frequently. It will cook in about forty minutes. Serve on slices of toast.

Bread sauce is served with it. Take a cupful of bread crumbs to half a cupful of milk and a small piece of onion. Take out the onion before the milk is poured over the bread. Add a teaspoon of butter and a little pepper and salt.

SMALLER DISHES.

Croquettes of Cold Meat, Fowl and Fish.

Prepare the meat, fowl or fish as for hash. Make a thick sauce with two tablespoonsful of flour and one of

butter, an egg well beaten, and a cupful of milk, salt and pepper to taste, and a speck of cayenne. Put the butter in the saucepan, and when bubbling, the flour, and gradually the milk. Mix the egg with a little cold water, and pour the sauce over it gradually stirring all the time, return to the saucepan and let thicken, but not boil, two cups of meat with the sauce and pour on to a dish to cool. Form them into cubes of uniform size and dip into flour first, then egg and bread crumbs, and fry in boiling lard or rendered suet.

MADE DISHES OF TURKEY, CHICKEN, MUTTON OR BEEF.

The meat should be cut in small square pieces and served with gravy or white sauce. The gravy can be made by boiling the bones and adding a little stock or beef extract.

When well boiled strain through a sieve. Add a tablespoonful butter, a tablespoonful flour and season well. For brown sauce caramel may be dropped in. The best flavouring for turkey or chicken are celery-salt, cayenne, onion juice and chopped parsley.

For beef or mutton, Worcestershire or tomato sauce. Mushrooms are also a nice addition. If curry powder is desired a dessertspoonful can be added or same prepared as per receipe for currie. A rim of rice or mashed potatoes can be formed around the dish or pastry, or toast cut in cubes, and the meat and sauce in the centre.

CURRIED MEAT.

Fry a sliced onion and an apple in slices in a tablespoonful of butter. When well cooked through, add a cup of good stock and a tablespoonful of flour and dessertspoonful curry powder, mixed in a little water. Let boil, then season with salt. Strain, then put in thin slices of cold roast beef or veal.

OX TAIL STEWED.

Cut up two ox tails separating at the joints, wash well and let soak in salt and water over night. Next day put into a saucepan with an onion stuck with six cloves, a teaspoon mixed herbs tied in a piece of muslin, a few sticks celery and a bay leaf. Stir around the pan to form a glaze. Then add two quarts of water and stir occasionally and let simmer for four hours or until the meat is tender. Then take the meat out and put on a dish. Boil in the stock left two tablespoonsful flour, and one of butter, let boil until creamy. Put back the meat to heat well, season with salt and pepper, let it boil again and strain the gravy to which a few drops of caramel have been added and poured over the meat. Half a wine glass of claret or port wine improves. Serve very hot.

LIVER AND BACON.

Have the liver, about one pound, cut in thin slices, dip each slice in flour.

Put four or five slices of bacon on the frying pan, and when cooking put on the liver. Let it fry on both sides quite brown, then add a cup of boiling water and cover, and let it simmer for a quarter of an hour so that the liver is cooked through. Add a little pepper and thicken the gravy with flour.

A COTTAGE PIE.

To use any kind of cold meat, veal, chicken, mutton, three cups cold cooked meat, two tablespoonsful minced onion, two tablespoonsful flour, one cup brown stock, gravy or milk (brown flour) if milk is used. Two teaspoonsful salt, one quarter teaspoon pepper, three or four cups mashed potatoes.

Cut up meat very small and put in pudding dish.

Melt the butter and cook a quarter of an onion sliced in it, fry until light brown, then add the flour, stir until smooth, taking off the fire to stir. Cook again for a minute or two, then add the stock, pepper and salt and stir until it boils.

Pour about half this gravy over the meat, then spread the mashed potatoes over the meat, and ruffle with a fork. Bake twenty minutes in top of oven. Serve hot with the remainder of the gravy strained.

TRIPE STEWED.

Take a pound of well-cooked tripe, cut in small squares, pour on boiling water, and let stew for ten

minutes. Pour off the water. and add a white sauce according to recipe. Season well with salt and pepper.

Where tripe is uncooked it must be well washed in salt and water and boiled for two hours or until quite tender.

POTTED HEAD.

Procure a calf's head which first have chopped and dressed by the butcher, also the half of a pig's head. Scrape and wash well in salt and water, and let soak in fresh water two hours. Put into a pot of cold water, and let boil until the meat is tender. Take out the meat and cut up in dice, replacing the bones in the pot, and let boil gently about three hours. Strain through a colander into a bowl and let stand over night. Remove the grease and put jelly in the pot with a tablespoonful of ground cinnamon and a quarter spoon allspice, salt and pepper. Add the meat, mix well and let just reach boiling pot when add a cup of sherry and put into moulds.

SWEET BREADS.

Sweet breads should be soaked for a half hour in a little salt and water, then nicely trimmed and put in a stewpan of hot water to parboil them. Throw into cold water to cool quickly. Then roll in flour, beaten egg and bread crumbs and fry either in butter or suet fat. Serve on a hot platter with parsley.

TOASTED CHEESE.

Cut as many round slices of bread as needed. Pare off the crust. Cut in very thin slices some mild cheese.

Heat in the oven until well melted, dot a very little made mustard over each and serve very hot.

ANOTHER WAY.

Prepare bread as above. Toast the slices and soften by dipping in hot water. Pour a cream sauce over, and sprinkle with grated cheese, then a very light layer of bread crumbs, and brown in the oven.

WELSH RABBIT.

Take half a pound of cheese, cut up in small pieces and put on the frying pan with a half cup of milk stirred in while melting, a quarter teaspoon of mustard mixed in very little water. Some prefer ale or water instead of the milk. Serve on toast or in a deep dish very hot, and hot plates. The mustard may be omitted, if desired.

CHEESE STRAWS.

A Nice Accompaniment to Salad.

Two ounces of bread crumbs, two ounces of flour, two ounces of butter, two ounces of grated cheese, a speck of cayenne.

Mix all together, add enough of water to roll out very thin. Cut in long narrow pieces. Place on a bake pan, bottom upwards, and covered with white paper, and bake in a quick oven.

QUEEN'S SANDWICHES.

Sixteen sardines, four hard boiled eggs, thin slices brown bread and butter, cut lettuce.

Bone the sardines and divide them in half, cut thin slices of brown bread and butter. Chop the eggs and put first layer on the bread the sardines next, and lettuce next. Trim nicely, and cut in rounds or in strips.

CHICKEN SANDWICHES.

Take a fresh cooked chicken, chop the white meat with only a small portion of the dark meat. Make a sauce with a tablespoonful of butter, one of flour, quarter of a teaspoon of mustard, mixed in a little water, and a quarter cup of milk, a teaspoonful celery-salt, and the juice of half a lemon. Mix well with the meat, and spread between thin slices of bread and butter, and cut in any fancy shapes.

ENGLISH MONKEY.

One cup stale bread crumbs, one cup milk, one teaspoon butter, half a cup of milk cheese cut in small pieces, one egg, half a teaspoon of salt and a speck of cayenne.

Soak the crumbs fifteen minutes in milk, melt the butter, add the cheese when melted and soaked crumbs, eggs slightly beaten and seasonings.

Cook three minutes and pour on toasted crackers.

KEDGEREE.

One breakfast cupful of boiled rice, a quarter pound cold fish picked and flaked or better still a finnan haddie just cooked through. Season with salt, pepper

and cayenne, mix lightly and add a half ounce of butter and make quite hot. Then garnish with hard boiled eggs cut in quarters, the yolk of one rub through a strainer over rice.

TO BOIL RICE FOR KEDGEREE.

Wash well in cold water three ounces of Java rice, put in a saucepan with a cup of cold water, and a quarter teaspoonful salt. Cover, and cook slowly until the water is absorbed, then without stirring add a cup of milk and a quarter of an ounce of butter, cover, and cook slowly until the rice is again dry, then season and mix with the fish to be used.

This rice is good mixed with tomatoes, and also as a mould to serve with stewed fruit, sweetened and flavoured to taste.

CHICKEN OR SMALL BIRDS IN ASPIC JELLY.

Breast of cold chicken cut small. Dissolve an ounce of sheet gelatine in two cups cold water, a teaspoonful of Armour's beef extract, a cup and a half boiling water, season with pepper and salt and a speck of cayenne, and the juice of one lemon. Take the white and shell of an egg, only beat the white slightly, add a few drops of caramel. Boil five minutes and strain through a flannel bag.

Mould in small cups by putting in a little chicken in the bottom and pour in the jelly. When stiff serve on lettuce with mayonnaise sauce. Small birds can be covered with jelly in the same way.

LOBSTER CUTLETS.

One small lobster, one ounce flour, one ounce butter, one gill milk or cream, one egg. Four tablespoonsful bread crumbs, one teaspoon anchovy paste, the juice of a lemon, salt and pepper, and a speck of cayenne.

Take lobster from the shell and break into small pieces, melt the butter, add to the flour, then the milk, stir until boiling. Cook ten minutes, add the sauce and seasoning to the lobster. Form into cutlets, roll in egg, then in bread crumbs and fry to a nice brown in hot fat.

TIMBALES.

Two eggs well beaten, one cup flour, half cup milk, half a teaspoon salt, one tablespoon olive oil. Mix the dry ingredients first, then the milk, eggs and oil.

Have a kettle of boiling suet and lard mixed. When the fat is hot enough to brown a bit of bread put the timbale iron in the fat until hot and shake. Hold a cup with batter in one hand, and immerse the hot iron into it when it will form a cup immediately. Carefully withdraw the iron and lift the cup on a piece of paper. Continue the same process until the batter is finished. Will make a dozen or more. Can be used for oyster, chicken, fish and lobsters.

A NICE SUPPER DISH.

Rice some potatoes and put in a baking dish. Use alternate layers of grated cheese with the potatoes. When the dish is full make some white sauce with a

tablespoonful of butter, a tablespoonful of flour and half a cup of milk, add salt and pepper. Pour over the whole and brown in the oven. This is a good relish.

MACARONI.

Macaroni is very nutritious, and a variety of dishes can be made with it. It can also be served plain. When nearly boiled can be put in a saucepan with butter, salt and pepper and fried.

CREAMED MACARONI.

Boil a quarter of a pound of the macaroni, or what is required. It must be put in boiling water and not stirred, but lifted with a fork to prevent sticking. Boil about twenty-five minutes or until tender. Make a rich sauce of two tablespoonsful butter, one of flour, a cup of milk, season, putting in a speck of cayenne. Put in a buttered dish a layer of macaroni, a layer of sauce. Put a layer of grated cheese on the top and bread crumbs and brown in the oven.

MACARONI WITH FISH OR MEAT.

Can be made with alternate layers of cooked fish or finely minced meat and macaroni, adding a rich gravy with the latter, well seasoned and bread crumbs put on top.

Macaroni must be boiled first quite tender as per recipe for creamed macaroni.

MACARONI WITH TOMATOES AND GRAVY.

Take a quarter of a pound of Spaghetti and break into pieces three inches long, place in a saucepan with a quart boiling water. Let it boil quickly for about twenty minutes, shake the pan occasionally or if it sticks loosen with a fork. When tender, pour into a colander and place the colander over a pot of boiling water to keep hot.

Take a cup of canned tomatoes, two tablespoonsful of Edward's desiccated soup, a large tablespoonful butter, one of flour, salt and pepper to taste and boil until creamy. Put the Spaghetti in a hot pudding dish, pour the sauce over it and grate a little Parmesan cheese on top.

VEGETABLES.

REMARKS UPON VEGETABLES.

Winter vegetables require a longer time to cook than summer vegetables. With the latter much depends upon the freshness. They will be much more quickly cooked if perfectly fresh, should always be put in salted boiling water and the saucepan left uncovered. Old beets take between three and four hours, young beets, one hour. String beans, asparagus, summer squash and spinach, require twenty-five minutes. Turnips, carrots, parsnips (if young) three quarters of an hour. New potatoes should be put in boiling water, and old potatoes in cold. A pinch of soda prevents the odour of cabbage and cauliflower when being cooked, and should be left uncovered, also softens string beans when well grown.

POTATO CROQUETTES.

One pint mashed potatoes, one teaspoon of butter, half a salt-spoon of white pepper, a grain or two cayenne, half a teaspoon salt, and the yolk of one egg. Mix all but the egg and beat until light, when cool add the egg and mix well. Rub through a sieve and add

one teaspoon of chopped parsley. Shape into balls, roll in flour, egg and bread crumbs, and fry in hot lard or melted beef suet as for chicken croquettes.

SPANISH POTATOES.

Have ready a plate of bread crumbs finely rolled out, also two eggs well beaten in another dish. Take some freshly mashed potatoes with very little butter and milk mixed in, and a little salt, form into balls or an oval shape, then roll in flour, then in the egg and last the bread crumbs until quite covered. Immerse only three at a time in a frying basket into hot boiling lard or suet. Place on paper on a sieve, and then serve on a hot dish.

SARATOGA POTATOES.

Select good sized potatoes, pare them, and put them in ice water for an hour or two. With a cutter or sharp knife, slice very thin dropping again in ice water. Then dry with a towel, and drop into boiling suet or lard until they are of a light brown. Take them out and place them on paper over a colander in front of the stove, so as to absorb the grease and sprinkle with salt.

LYONNAISE POTATOES.

Fry a half tablespoon finely chopped onion with a tablespoonful butter, when browned, add four cold boiled potatoes cut in small squares or cubes, sprinkle over some salt and pepper, and a teaspoonful of chopper parsley. Serve very hot. Be careful not to break the potato when turning.

BAKED POTATOES.

Select six or eight potatoes of uniform size, wash well with a vegetable brush and bake for three-quarters of an hour.

NEW POTATOES.

Carefully scraped and thrown at once into cold water. Have them of uniform size. Put into boiling salted water, and boil not too fast about twenty-five minutes. Drain thoroughly, shake the saucepan, and put them at the back of the stove covered with a cloth. Delay in boiling and serving, so as to present at table steaming hot.

PEAS.

Fresh peas should be put into boiling salt and water, cooking rapidly until tender and leaving the vessel uncovered. Remove at once from the fire when cooked, pour into a colander, and then into a hot vegetable dish, adding a small piece of butter, pepper and salt. If necessary to keep hot a few minutes, place the dish over a pot of boiling water at the back of the stove.

CARROTS.

Wash and scrape well, cut either in quarters or small pieces across, boil three-quarters of an hour and serve with white sauce.

TURNIPS.

Cook the same way as the carrots, mash and mix in a small piece of butter, and a little pepper and salt.

BRUSSELS SPROUTS.

Trim, wash, and put as many as required in boiling salted water. Boil twenty minutes, drain, and pour white sauce over them.

ARTICHOKES.

Peel and throw into a basin of cold water. Have a saucepan of boiling salted water, put in the artichokes and boil for twenty-five minutes.

Serve with white sauce.

BOILED ONIONS.

Take of uniform size and peel carefully. Put them in cold water, and when they have boiled a few minutes change the water, and let boil until tender. Drain water well off and prepare a white sauce as given in recipe.

ASPARAGUS.

Trim the hard ends, cut into small bunches of uniform size, tie loosely with twine, and put into salted boiling water. Twenty to twenty-five minutes should cook it, drain as you take out of the water. Have ready some buttered toast, put the asparagus upon it with a few tablespoonsful of white sauce.

STRING BEANS.

Must be carefully trimmed and cut not to have the stalky part attached. Cut first in half lengthwise, then

in pieces an inch long across. Put in hot salted water, and let boil twenty-five minutes. When full grown a half salt-spoon of baking soda makes them more tender and preserves the colour.

Drain in a colander, turn into a hot vegetable dish, and put a small piece of butter over and pepper and salt.

DRIED LIMA BEANS.

Put a cup and a half beans into a bowl, cover with cold water over night. In the morning pour off that water, and put in two quarts of fresh cold water, and boil two hours or so until quite tender. Throw into a colander and drain well. Put into a hot dish with a small piece of butter, pepper and salt.

Fresh Lima beans can be cooked at once, and only for half the length of time.

SQUASH.

The hubbard squash is very nice, and also the vegetable marrow. Both must be carefully peeled and cut into small pieces. Put into boiling salted water, and boil from twenty to twenty-five minutes. The squash takes a little longer than the marrow. Drain off the water in a colander, and mash smooth with a potato masher, add a little butter, pepper and salt, and put into a hot vegetable dish.

CAULIFLOWER.

Let it soak well in cold salted water, trim off the outside leaves, and the stalk. To preserve it white and

free from scum, tie in a thin piece of muslin or cheese cloth. Put in boiling salted water, and let boil from twenty to twenty-five minutes.

Serve with a white sauce thrown over it. Some prefer to break it off into small stalks previous to boiling.

MUSHROOMS BROILED.

Cut off the stems and pare them, dip in melted butter, season with salt and pepper, broil them on both sides over a clear fire and serve on toast.

STEWED MUSHROOMS.

Put them in a small saucepan, season with salt and pepper, add a spoonful of butter and a spoonful or two of gravy from roast meat, shake them about over the fire and when they boil they are done.

SPINACH.

Spinach should be carefully picked over and washed in salt and water, changing several waters. Put to cook in very little boiling salted water, and boil for twenty-five minutes. Pour into a colander, drain well, and pass the knife through it placing a small piece of butter on it, pepper and salt. Is a nice accompaniment to a dish of boiled bacon, also served in a vegetable dish with sliced hard boiled eggs.

STEWED POTATOES.

Boil six or eight potatoes in salted water quickly and not too much that they can be cut into small squares

when cold. Prepare a sauce of two tablespoons of butter, one of flour and a cup of milk, season to taste. When boiled pour over the potato into a vegetable dish.

ANOTHER WAY.

Cut the potatoes in thin slices, pour milk over to cover, sprinkle a little salt throughout and let cook slowly until tender, but not broken.

POTATO PUFF.

One pint or two cups of hot mashed potatoes, add one salt-spoon of salt, half a salt-spoon pepper, one tablespoonful butter and hot milk enough to moisten well. When partly cool, add the yolks of two eggs beaten well, then the whites also beaten stiff, and bake ten minutes.

CREAMED POTATOES.

Take about six potatoes, boil briskly over a quick fire. When boiled, mash through a colander, then add a good lump of butter and some boiled milk, and beat together with a silver fork until quite creamy. Place in a vegetable dish and put for a few moments in the oven to brown.

CORN FRITTERS.

One cup of flour, one teaspoonful baking powder, one teaspoonful melted butter, two eggs, salt and pepper to taste, a half can of corn, a cup of milk. Beat into a batter and take a tablespoonful at a time, and drop into boiling fat.

Put a thick sheet of paper on a colander in front of the fire, and let drain before putting on to a hot dish.

CABBAGE.

The outside leaves should be cut off and the tough part of the stalk. Cut in quarters or half quarters, wash well in salt and water.

Put a small portion of baking soda in the water which must be boiling, and plunge the cabbage in quickly, leaving the vessel uncovered. Boil twenty-five minutes, drain in a colander, and throw over it a white sauce as per recipe or it may be served plain around corn beef.

CABBAGE WITH CREAM SAUCE.

Prepare the cabbage as for plain serving. Cut into small pieces when cooked tender.

Make a white sauce with a tablespoonful of butter, one of flour and a cup of milk, season and add a speck of cayenne. Then pour over the cabbage in a vegetable dish.

SOUR KROUT.

Chop a cabbage fine, throw into a fresh butter tub which will retain liquid, sprinkle with salt, and pound with a heavy masher. Continue alternately a layer of cabbage and the salt, but not too much salt, cutting about a dozen of cabbages until the tub is filled.

Put a clean cloth on top, and a cover that will fit the inside of the tub closely, put a heavy weight on top,

and leave it in rather a warm place until it ferments, when it can be put in a cool cellar or pantry.

Boil a bowl full at a time, between two or three hours with a pound of fresh beef, and a pound fresh mixed pork.

SAUCES.

WHITE, BROWN AND GLAZE.

White sauce is made by melting a tablespoonful of butter with a tablespoonful flour, and adding gradually a cup of milk. For chicken sauce, the broth of the chicken may be used instead of all milk, and for brown sauce a spoonful of beef extract or Edward's desiccated soup may be added, and a little caramel if not dark enough.

Flavourings of various kinds may be used, celery salt, cayenne and any vegetable boiled such as onion, carrot and the bay leaf gives a nice flavour. *Glaze* used on cold meat is the stock made from knuckles and bones well boiled down to a thick jelly.

MINT SAUCE.

Mix a tablespoonful of white sugar in a half cup of good vinegar. Scald the vinegar and pour over a half cup very finely chopped mint.

CELERY SAUCE.

Cut two or three sticks of celery fine, boil in a pint of water until tender, then add a tablespoonful of butter, a tablespoonful flour and season.

BOILED CRANBERRIES.

Take a pint of cranberries, a cup or more of sugar according to taste, put very little water in the saucepan and boil half an hour frequently stirring. If put in a double saucepan they will preserve their shape better without stirring. Can be strained for jelly into a mould, adding more sugar.

PIQUANTE SAUCE FOR FISH.

One ounce butter, one ounce flour, mix over a gentle heat, then add a half pint fish stock made by boiling down the bones of the fish, the head as well, to jelly consistency, then strain. Stir the sauce until it reaches boiling point. Mix in a basin two eggs, one tablespoon of cream, one third spoonful salt, a pinch of pepper, add the boiling sauce slowly stirring with a wooden spoon. Put back in saucepan and stir for about two minutes over the fire taking care it does not boil or curdle. Chop four or five gherkins and add with a tablespoonful of vinegar.

TOMATO SAUCE.

Delicious for Cold Meat.

One dozen large tomatoes, six good sized onions, two cups brown sugar, one cup vinegar, one tablespoonful salt, a small half teaspoon pepper, one teaspoon mixed spices. Scald the tomatoes and peel, chop the onions fine, put all together and boil for three hours.

BOILED DRESSING FOR LETTUCE OR CABBAGE SALAD.

Half cup of milk or water, two teaspoonsful flour, a teaspoonful butter, half a teaspoon sugar, a teaspoonful salt, a half teaspoon dry mustard, a tablespoonful vinegar. Have ready the yolk of an egg beaten well in a small bowl with a teaspoonful milk.

Commence with the butter in a small saucepan, add the flour and dry ingredients, mix quickly, and put in gradually the milk or water. Let it boil a minute, then pour on to the egg stirring all the time, return to the saucepan to thicken, not to boil, and stir in a tablespoonful vinegar. A tablespoonful cream improves, chop the cabbage very fine and mix the sauce well into it.

BOILED SALAD DRESSING.

One tablespoonful sugar, one tablespoonful mustard, two tablespoonsful olive oil, a teaspoonful of salt. Stir together until quite smooth, then add three well-beaten eggs, stir well, and add about three tablespoonsful of vinegar and a cup of milk.

Cook it till of the consistency of custard.

MAYONNAISE DRESSING.

One teaspoonful mustard, one teaspoonful powdered sugar, a speck of cayenne, yolks of two eggs, two tablespoonsful vinegar, two tablespoonsful lemon juice, half a teaspoon salt, a pint best salad oil. Stir the yolks in a small bowl with a silver or wooden spoon and when

smooth, add very slowly drop by drop the oil. After it begins to thicken take alternately a few drops vinegar and the lemon juice.

If the sauce should curdle beat another yolk to which gradually put in the curdled Mayonnaise. The other ingredients last.

SAUCE TARTARE.

Beat well the yolk of a raw egg, add a salt-spoon of salt and half a salt-spoon of dry mustard, work well together, pour in slowly about two tablespoonsful of salad oil alternating with a few drops of vinegar or lemon juice, and a speck of cayenne pepper. When these are well mixed, add two tablespoonsful capers, a very small onion minced fine, a small gherkin cut fine and a little parsley.

APPLE SAUCE.

Cut four apples in quarters, then cut the quarters in half, put on four tablespoons of sugar with a half cup of water, let boil, put in the apples, and do not stir, but shake the saucepan until cooked through. Take out the apples, add another spoonful of sugar to the syrup, boil a little longer, and pour over the apples.

Apple sauce for meat can be made the same way, but allow to cook a little longer, and stir round with a spoon until beaten through. Some prefer to add a very little cinnamon.

TOMATO SAUCE.

May be made with canned tomatoes. A cup of water to a half can tomatoes. Take of whole spices, three pepper corns, three allspice, two whole cloves and a tablespoonful butter. Add a half onion and a large tablespoonful cornstarch mixed in a little water.

Season with salt and a speck of cayenne. Boil all together for five minutes and then strain and put in a gem jar when it will be found useful in flavouring all warmed up dishes.

HOLLANDAISE SAUCE.

A half cup butter, yolks of two eggs, juice of half a lemon, one salt-spoon salt, very little cayenne pepper, a quarter cup boiling water. Rub the butter to a cream in a small bowl with a wooden spoon. Add the yolks one at a time, and beat well, then add the lemon juice, salt and pepper.

About five minutes before serving add the boiling water. Place the bowl in a saucepan of boiling water, and stir rapidly until it thickens like boiled custard.

FOAMY SAUCE FOR PUDDING.

One heaping tablespoonful butter, two tablespoonsful sugar, beat well together, add one and a half cups of boiling water into which has been mixed a teaspoonful cornstarch. Boil all well together for a few minutes and serve hot. Lemon juice, vanilla or a half wine glass of sherry can be added.

The yolk or white of an egg well whipped can also be mixed in if preferred.

LEMON SAUCE FOR PUDDINGS AND SHORTCAKE.

Two cups hot water, one small cup sugar, three teaspoonsful cornstarch, grated rind and juice of one lemon, one tablespoonful butter. Boil the water and sugar three minutes, and add the cornstarch wet in a little cold water. Cook five minutes. Add the lemon juice and butter. Stir until the butter is melted. Can use a teaspoonful of sherry instead of lemon, if preferred.

SALADS.

CELERY AND CHICKEN SALAD.

Chop the celery fine, take a well-boiled chicken cut fine, putting aside the legs and part of the dark meat, two hard boiled eggs cut in quarters to garnish, and mix well with mayonnaise sauce.

CABBAGE SALAD.

First wash well the leaves of the cabbage in salt and water, then chop fine and mix in boiled dressing or mayonnaise, a little cream improves.

ASPARAGUS.

The tender ends of cold asparagus makes a very nice salad, also mixed vegetables cut fine.

POTATO SALAD.

(Recommended.)

Make a paste with a teaspoonful of dried mustard mixed in two teaspoonsful water, two teaspoons sugar, and a teaspoonful salt, two well-beaten eggs, a quarter cup vinegar, pour in mixture and put on fire, to thicken, add a piece of butter the size of an egg, and a half onion very finely chopped. Have ready eight boiled potatoes,

not too well cooked so that they can be cut in small dice, and a tablespoonful finely chopped parsley and placed on lettuce leaves. Pour the sauce over, and when ready to serve, mix in carefully without breaking the potatoes, a half cup of whipped cream.

LOBSTER SALAD.

(For Lobster Croquettes see Index.)

Take a freshly boiled lobster, cut out the meat in small pieces rejecting the tough gill-like particles.

Spread the lobster over a bed of lettuce leaves and pour mayonnaise over. Garnish with the claws.

Salmon can be prepared in the same way. Garnish with sliced hard boiled eggs.

CAULIFLOWER SALAD.

Take cooked cauliflower, break in small pieces and cover with mayonnaise. Serve on a bed of lettuce.

RUSSIAN SALAD.

A bottle of mixed vegetables to which can be added a can of peas or more if a larger quantity is desired. Add two or three chopped olives, decorate with hard boiled eggs and beets not boiled too soft in various forms.

Pour over a little of the olive liquid and then mayonnaise sauce.

The dish can be trimmed with celery leaves with a sprig in the centre.

GERMAN HERRING SALAD.

All ingredients must be cut in small narrow strips, three salt herrings that have been soaked for twenty-four hours, one pound of cold meat, roast veal is best, but beef, ham or mutton will answer, six boiled potatoes, a few pickled cucumbers, pickled beets, a half head celery and one large apple. Add a hard boiled egg, a grated onion, salt, pepper, mustard, vinegar and make a very piquante sauce, mix with the cut ingredients letting the salad stand for a day before using.

A mayonnaise may be poured over when served, but it is not necessary.

FRENCH SALAD.

Slices of boiled potatoes, tomatoes or beets, and hard boiled eggs are put into a salad dish with a little salt, pepper and vinegar, and covered with mayonnaise and decorated with green lettuce or cress.

EGG SALAD.

Equal parts of hard boiled eggs and chopped celery. Cut the eggs in slices or quarters, and place on lettuce leaves, cut up half of the eggs, mix with the celery and put in the centre. Cover with mayonnaise or boiled dressing.

SCALLOPED OYSTERS.

Take a shallow pudding dish and rub a little butter on it, place a layer bread crumbs, a layer oysters, a few pieces of butter strewed over, and a little pepper and

salt, and continue alternately until dish is full. Pour over a half cup of the juice strained, and bake for twenty minutes in a hot oven.

Serve with thin slices bread and butter.

FRIED OYSTERS.

Roll in fine cracker crumbs and egg and place in a frying basket, plunge in hot suet or lard and leave until light brown. Put on paper on colander to drain.

PASTRY AND PUDDINGS.

When very rich pastry is required it is necessary to take one pound butter to one pound flour. This is rather rich for family use.

A half pound of butter to a pound of flour makes very good home pastry. Put the butter in ice water, take half of it, and put into the flour reserving a little of the flour for rolling. Press the pieces of butter through the flour with a broad bladed knife, add a scant cup of ice water, press well together, and place on marble bread board.

Roll out, add some of the butter in small pieces, roll again, add more pieces until all the butter is taken in, then roll again and cut into three portions. Roll out for pie or tarts. Should be baked in hot oven. Brush a little milk over the pastry before being put in the oven.

OYSTER PIE.

(Recommended.)

Have rich pastry baked on an oval or round dish with a high border. A pastry shell can also be procured at the confectioners. Cut out the flat part of the pie close to the border, put in the bottom of a pudding or entrée dish. Make a sauce with two cups of milk

or a cup of milk and one of water, blend a tablespoonful of butter with a tablespoonful of flour, and when the milk is boiling add the milk and flour, season with salt and white pepper. Then add a pint of oysters having first strained the liquor and looked carefully for pieces of broken shell, let them just cook through without boiling. Pour them into the dish on to the paste and put the rim and ornaments of pastry on top.

TO MAKE TWELVE TURNOVERS WITH EITHER APPLE OR ANY KIND OF PRESERVE.

Take six ounces of butter, place in ice water, and two and a half cups of flour (even cup measure), break the butter in the flour and press through it. Add seven tablespoonsful ice water, press together with a broad bladed knife, turn out on flour board, and roll three times. Divide this in three parts. Take one part, roll out once, and then roll in a square to cut out four turnovers. Turn over the paste in triangular form, put in a full teaspoon of stewed apple or gooseberry preserve, and press over the edges. Place on a roast pan, and brush over a little milk before putting in the oven which must be hot. Roll out the other pieces in the same way. Bake half an hour or until browned well.

LEMON PIE.

(For Pastry.)

One cup of flour, a quarter cup butter, a small teaspoon salt, three tablespoonsful water. Roll out, and cover pie plate, making a round border.

MIXTURE.

Three eggs, save two whites, one cup sugar, juice of one lemon, one tablespoonful flour, half a cup cold water. Beat up the yolks, then add the sugar, then add flour and water and the lemon juice. Put on the paste and bake twenty minutes. Beat up the whites, add gradually a half cup powdered sugar spread over the baked pie and brown in oven.

PUMPKIN PIE.

Take one small fresh pumpkin, peel and cut in small pieces, put in a steamer to cook until quite soft when strain through a colander. Take two full cups of the mashed pumpkin, put in a bowl, add one tablespoonful melted butter, one tablespoonful molasses, one half cup milk, two well-beaten eggs, one teaspoon ground cinnamon, one teaspoon ground ginger, and a half teaspoon salt. Pour into a pastry lined plate and bake in a moderate oven fifteen or twenty minutes.

To make with the dry preserved pumpkin, take one cupful to one of milk and the same mixture as above.

CUSTARD PIE.

Make a plain pastry according to recipe, and put on a plate. Have a rim of paste around the edge. Take two eggs well beaten, sweeten with a tablespoonful sugar, mix in a cup of cold milk, and pour into the pie. Flavour with vanilla or grate a little nutmeg on top. Must be baked in rather a moderate oven as the custard should not boil.

MINCE PIES.

Make pastry as per recipe and cover a pie plate, put on a layer of the mince meat an half inch thick, and cover with pastry. Brush a little milk over it and bake half an hour.

MINCE MEAT No. 1.

Boil fresh small ox tongue or two pounds fresh lean beef. Mince fine when cold. Take a pound beef suet, and chop very fine, add two pounds dried currants well washed and picked over, also two pounds seedless raisins. Take eight large apples and chop not quite so fine. Add a teaspoonful of ground cloves, cinnamon and allspice, a cupful sugar, a wineglass brandy and sherry to moisten. Pack in a jar and keep in a cool place.

MINCE MEAT No. 2.

(Without Meat.)

One pound of suet, one pound Sultana raisins, one pound apples chopped fine, one pound raisins, one pound currants, one pound figs, one pound mixed candied peel, one and a half pounds yellow sugar, half a pound chopped almonds, the peel of two and juice of four lemons. Chop the peel very fine, two nutmegs grated, two scant teaspoons ground allspice, half teaspoon ground ginger, half a tumbler best brandy.

APPLE PIE.

Cover a pie plate with a layer of pastry as per recipe, peel, core and cut in thin slices four large apples,

sprinkle sugar and a little ground cinnamon on top, and put another layer of pastry on top, adding a narrow rim of pastry around the edge. Brush a little milk over it and bake for half an hour.

AN OPEN APPLE PIE.

Put one layer of pastry on pie plate, place a rim around and cut ornaments of pastry, rings or diamonds, and put on the layer to bake. Brush over with a little milk. Bake the pie twenty minutes. When taken out of the oven, and while the pastry is hot, lift with a knife the ornaments. Stew some quartered apples carefully not to break, as per recipe, place on the pie and put the ornaments on top.

DEEP APPLE PIE.

Fill a pudding dish with thin quartered apples, sprinkle sugar throughout, and a little ground cinnamon if preferred. When well filled, cover with a layer and rim of pastry, as per recipe, brush over with milk and bake half an hour or a little longer. An ornament of cut pastry can be laid on the middle of the pie, and cut in three or four places to allow the steam to escape.

APPLES COOKED WHOLE.

Peel carefully and core six apples. Take a cup of sugar and a cup of water, and boil together in a granite saucepan. Place the apples in and let cook slowly, pouring the sauce with a silver spoon over the apples.

When tender that a skewer can be put through, put in a dish, add a half cup of sugar and boil into a syrup, and pour over the apples.

Pears are very nice cooked in the same way.

APPLE PUDDING.

Take two and a half cups of flour, a half cup finely minced suet, a teaspoonful baking powder and a cup water. Mix well, then roll into a paste half an inch thick, and a little larger than a dinner plate. Have a floured cloth in a basin, put the paste on it. Take six apples peeled, quartered, and cored, add two tablespoonsful sugar, and a little ground cinnamon. Place in the paste, double up the cloth well, tie tightly and put into a pot of boiling water with a plate underneath. Boil an hour and a half.

Sweet sauce flavoured with sherry wine or lemon should be served with it.

APPLE FRITTERS.

Make a batter with a scant cup of flour, a teaspoonful baking powder, one egg and a half cup of milk. Pare and cut in thin slices two large apples, dip a slice at a time in the batter, and fry in hot rendered suet or lard. Sprinkle sugar over and serve hot.

CABINET PUDDING.

Butter a melon mould and decorate it with candied fruit or with raisins boiled till soft and seeded, then put

a layer of ladies' fingers or stale sponge cake, then a few pieces fruit and repeat until the mould is full.

Pour one pint of boiling milk into the yolks of three eggs which have been beaten with three tablespoonsful sugar and a little cold milk. Pour over the cake in the mould. Steam one hour.

Serve with lemon or wine sauce.

COTTAGE PUDDING.

One and a half cups of flour, one and a half teaspoons baking powder, one egg, half a cup of milk, a half cup of sugar, one full tablespoon butter, a few drops vanilla. Sift the powder with the flour, beat the sugar and butter together, add the flour and milk alternately, then the well-beaten egg and flavouring. Pour into a buttered pudding dish. It will take about twenty-five minutes to bake. Serve with wine or lemon sauce.

INDIAN SUET PUDDING.

Two cupsful Indian meal, a half teaspoon salt, half a cup finely chopped suet, one cup of boiling milk, a half cup of sugar, half cup molasses. Mix the suet with the meal, pour on the boiling milk, add the molasses, the sugar, a quarter teaspoon ground cloves, a quarter teaspoon ground allspice, a few chopped raisins rolled in flour put into a well buttered mould and steam two and a half hours. Lemon sauce.

It is equally nice made with a large tablespoonful of butter melted instead of the suet, a half cup of Indian meal less, and an egg added. It will be cooked in two hours.

RICE PUDDING.

Take half a cup rice, wash well and boil in double saucepan in two cups milk or half water and milk. When tender mix in a bowl with two well-beaten eggs, a tablespoonful sugar, and a half cup cold milk. A quarter of a teaspoon of ground cinnamon or a grated nutmeg gives a flavour. Bake half an hour. Raisins may be added if desired.

PRUNE PUDDING.

Stew one pound of prunes until very soft, strain, take out the stones and mash the prunes. Beat the whites of three eggs very light, add one cupful of sugar, stir in prunes and bake twenty minutes. Serve with whipped cream.

CREAM FLUFF.

A quarter of an ounce of gelatine dissolved in a quarter cup of cold water, then one tablespoonful boiling water, place on back of stove to thoroughly dissolve.

Beat a large cup of cream and then sweeten and flavour to taste. Add dissolved gelatine and beat well on ice until it thickens. Let stand until it becomes stiff. A tablespoonful of shredded cocoa can be added.

Cream fluff and coffee jelly combined makes a pretty dish.

CORN STARCH BLANC-MANGE.

Take two cups of milk, put on to boil in a double saucepan. Mix two tablespoonsful of cornstarch in

half a cup of milk, add a tablespoonful of sugar, stir all the time boiling and boil five minutes or longer until it is perfectly cooked. It is better not to be too thick at first, but boil thick, pour into a mould.

Boiled custard or cream should be served with it.

TAPIOCA PUDDING.

Soak a half cup of tapioca in a cup of water for an hour. Add a cup of milk and boil in a double saucepan until well cooked. Mix in a bowl with two well-beaten eggs, a tablespoonful sugar. Bake twenty minutes.

TAPIOCA WITH APPLES.

Soak a half cup of tapioca in a cup of water. Prepare six apples peeled, cored and cut in thin slices. Put a layer of apples, a layer tapioca and a layer of sugar alternately. When the dish is filled, pour enough water to cover and let bake three quarters of an hour slowly. Serve with cream.

TAPIOCA WITH FRESH RASPBERRIES.

Take a half cup of tapioca, pour a cup of cold water over it in a small bowl, and soak for two hours. Then put in a double saucepan with a cup of boiling water and cook until clear. Add a pint of fresh raspberries and two tablespoonsful of sugar mix well together, and pour into a porcelain mould, and let stand on ice until stiff. Serve with cream. A tin mould cannot be used as it discolours.

SOUFFLE IN SMALL CUPS.

One cup of boiling milk, two tablespoonsful of flour, one tablespoonful cornstarch, four eggs.

Moisten with a little cold milk the cornstarch, add to the boiling milk, and stir to a smooth paste. Add the yolks of four eggs, and then the well-beaten whites. Fill into greased custard cups, stand in a baking pot of boiling water and bake in a moderate oven for fifteen minutes.

Serve with wine or lemon sauce.

SNOW PUDDING.

Half an ounce of sheet gelatine, soak in a half cup of cold water for an hour. Add a cup boiling water and stir until dissolved. When nearly cold add the juice of a lemon or two, the whites of two eggs well whipped and a cup of granulated sugar. Stir well on a dish of ice until pretty thick, then leave on the ice in a cool place to stiffen.

Make a custard with the yolks of the eggs, a cup and a half of milk, a teaspoon of cornstarch. Sweeten to taste, and flavour with vanilla.

SUMMER ROLLY-POLY PUDDING.

Beat the yolks of three eggs until light, add one cupful of sugar, the juice of one lemon, the whites of the eggs beaten stiff and one cup flour into which has been sifted one teaspoonful baking powder. Pour into a buttered rather shallow bakepan and bake twenty minutes.

When done turn out on a towel having ready stewed peaches or apricots chopped fine, and in sufficient quantity to cover the sheet of cake. The canned fruit will do. Roll up and serve with sauce.

For sauce, take one cupful of the apricot or peach juice, half cupful sugar, one teaspoon corn starch; mix together and boil five minutes.

EGGLESS CHOCOLATE PUDDING.

Two cups milk, two teaspoonsful of cocoa, or three to four teaspoonsful grated chocolate, when dissolved stir into the milk. Let come to a boil and sweeten with three teaspoonsful sugar. Dissolve two tablespoonsful corn starch in three of cold milk, stir this into the boiling milk, cook five minutes more stirring all the time. Better to use double saucepan. Whipped cream is an addition to it in serving.

SUET PUDDING.

One pint or two cups flour, one teaspoonful baking powder, two ounces beef suet finely chopped, half a cup sugar, two eggs, one salt-spoon salt, one cup milk. Mix the flour and baking powder in sifter, add the chopped suet and pour on the milk to form a soft dough. Grease a mould or several cups, fill to within an inch of the top, and cover with greased paper. Put in steamer for two hours if in a mould, one hour if in cups. Turn out on hot platter and serve with lemon or wine sauce.

GINGER PUDDING.

A quarter pound chopped suet, a quarter pound chopped bread crumbs, a quarter pound flour, two teaspoonsful baking powder sifted with flour, one tablespoonful sugar, one egg, a quarter pound chopped preserved ginger, two tablespoonsful of the syrup. If this does not make it wet enough add a little milk, it is best mixed rather stiff.

Put in buttered mould covered with greased paper and steam three hours.

CHRISTMAS PUDDING.

One pound currants, two pounds raisins, stoned and chopped, two ounces lemon peel, chopped or sliced, two ounces orange peel, chopped or sliced, two ounces citron, chopped or sliced, one pound moist sugar, one-third of a nutmeg grated, half a pound flour, one teaspoon salt, one pound grated bread, the rind of one fresh lemon, peeled very thin and chopped fine, one and a half pounds suet weighed after being chopped. Mix the above well, then add ten eggs well beaten, two wine-glasses brandy, two wine-glasses sherry. Boil in a mould tied in a cloth for eight hours keeping it well covered in water.

Makes one very large or four small puddings.

CHRISTMAS PLUM PUDDING.

Two cups seedless raisins, two cups dried currants, two cups chopped suet, two cups bread crumbs, one

and a half cups flour into which has been sifted two teaspoonsful baking powder. A quarter of a pound of citron, lemon and orange mixed and cut fine. A scant half spoonful ground cinnamon, cloves and allspice each. Two eggs well beaten, a quarter cup sugar, one wineglass brandy, a few drops caramel, and milk enough to mix well, but to be stiff. Put in a buttered cloth placed over a bowl to secure the shape, tie tightly and boil four hours.

Serve with wine sauce.

FEATHER PUDDING.

A tablespoonful of butter creamed with half a cup of sugar, one egg well beaten, half a cup of milk, a pinch of salt, one large teaspoon baking powder, add a little over a cup of flour or enough to make a batter as for cake. Grease the cups well, put about a teaspoon of jelly in each cup and half fill with batter, steam one hour.

LIGHT BATTER PUDDING.

Two cups flour, a quarter cup of butter beaten with one cup sugar, two eggs beaten separately, add a half cup milk, two teaspoonsful baking powder. Steam one hour and a half. Serve with sauce.

CHOCOLATE PUDDING.

One soup plate crumbled bread crumbs, one cup of milk boiled and poured over the bread crumbs, half a

cake chocolate dissolved, two eggs, and three tablespoons sugar. Butter the mould well and steam for an hour and a half. Serve with sauce.

QUEEN PUDDING.

Two cups of grated bread, half a cup sugar, the yolk of an egg, and a half cup milk. Half a lemon (the juice), and the rind grated. Soak the bread in a cup of milk and let stand for half an hour. Beat the egg with the milk and add the sugar. Bake twenty minutes, then beat the white of the egg with a teaspoonful sugar, spread on the top and put in the oven to brown. Serve with hard sauce.

PUDDING WITH MACAROONS.

Take six ounces of butter and six ounces of flour, mix gradually with two cups of milk and boil thoroughly in a double saucepan. Pour into a bowl, and, when cool, add ten yolks of eggs, four and a half ounces of sugar, the grated rind of a lemon, and the well-beaten whites of ten eggs. Put half of the mixture into a buttered mould, cover it with twelve macaroons, then add the other half. Steam for two hours.

WHITE PUDDING.

(Economical.)

Two and a half cups flour, two teaspoons baking powder sifted with the flour, half a cup milk and a little water to form a soft dough.

Butter a pint mould well, put a layer of the dough, then a layer of preserves, or apples sliced and cored, then another layer of dough. Put a greased paper on top and set in steamer. Let cook an hour and a half.

Serve with wine or lemon sauce.

BROWN PUDDING.

(Economical.)

One cup and a half Graham flour, one teaspoon and a half baking powder, one tablespoonful melted butter, a half cup molasses, a half cup water, one egg, a half cup dried currants, a quarter cup seedless raisins. Half a teaspoon ground cinnamon, a quarter teaspoon ground allspice, a quarter teaspoon ground cloves.

Butter a pint bowl or mould, fill with the mixture, and put a greased paper on top. Have ready a pot of boiling water and steam two and a half hours.

Serve with wine or lemon sauce. The egg may be omitted.

FRUIT BATTER PUDDING.

Fill a buttered baking dish with sliced apples, pears or peaches. Prepare a batter of one tablespoon butter, a half cup of sugar, one egg, a half cup sweet milk and one cup flour in which has been sifted one teaspoon of baking powder and pour over the fruit. Bake in a moderate oven until brown. Serve with cream and sugar or lemon or wine sauce.

CARROT PUDDING.

One and a half cups flour, one cup of suet chopped fine, one cup of sugar, one cup of raisins, one cup of currants, one cup of raw potatoes grated, one cup of grated carrot, one teaspoon soda or two of baking powder, a little salt and citron and lemon peel. Put into a mould, and steam three hours.

BROWN BETTY.

Take a pudding dish and butter it well. Put in a layer of bread crumbs, and a layer of thin sliced apple with a sprinkling of sugar, a few small pieces butter, and a very little ground cinnamon, alternately until the dish is full. Spread bread crumbs on the top and brown nicely and sprinkle a little sugar on top before serving.

A hard sauce is a nice accompaniment made with a half cup butter and a cup of sugar beaten together until smooth.

A tablespoon of Sherry or the juice of a lemon or vanilla should be added.

ENCHALADOS.

A favourite Spanish dish in California.

Procure about a dozen red peppers, take out all the fibre-like strings and seeds, and throw these away, placing the peppers in a bowl and covering with boiling water. Let stand a half hour or more. Take a cup-ful of grated Parmesan cheese. Chop fine two large onions, and another onion put on separate plate.

For the tortillos take two cups flour and half a cup of lard and water enough to mix. Then press and flatten in hands until round; make about eight or ten, put on a plate, flour them over a little.

Squeeze with your hands the peppers, continue to press hard until the outer skin becomes like thin paper. Throw away the skins. Fry the two chopped onions in a large tablespoon of lard, add a tablespoon flour, and a teaspoon salt, then put in the sauce of the peppers, stir until it becomes a thick sauce. Fry the pancakes turning to cook through. Then put the mixture on the cake with a pinch of the cheese and a pinch of the raw onion, and roll and place on hot dish, the same with each pancake and pour remaining sauce over all.

TOMALES.

A favourite Spanish dish in California.

Procure some corn husks, select the largest and of uniform size. Take a cooked chicken or two, a small quantity beef, pork or bacon, two or three olives and two or three raisins and a half onion. Chop all fine together with two Chili peppers and season to taste.

Boil two cups of corn meal to make the consistency of porridge. When a little cool, spread the mixture on two or three husks, roll and tie at each end with strips of the husk, forming the size of a croquette.

Steam until heated through. Serve as they are.

CUSTARD.

The rule for custard is eight eggs to a quart of milk, but as eggs are expensive in winter, half the quantity will do with the addition of a little cornstarch.

Put on to boil in a double saucepan two cups milk, mix a dessertspoon of cornstarch in a little cold milk and add gradually to the boiling milk, keep stirring all the time. Take the yolks of two or three eggs well beaten and mixed with a tablespoonful of sugar, and a little cold milk, pour on to it the boiled cornstarch, then return to the saucepan and stir until thickened, but not allowed to boil.

CUSTARD FOR LAYER CAKE.

One egg, a cup of milk, one teaspoonful cornstarch, one tablespoonful flour, two tablespoonsful sugar.

Scald the milk, mix the flour and cornstarch in a little cold milk, and pour over the hot milk, stirring well and let boil two minutes. Beat the egg with the sugar and pour over the mixture slowly and let thicken but not boil. Flavour with lemon, orange or vanilla and when cold, spread between layer cake.

CHOCOLATE CUSTARDS.

(Without Eggs.)

Put two cups milk to boil. Have ready two teaspoonsful cornstarch mixed in a half cup milk. Pour this into the boiling milk, and let boil five minutes. Better cook in a double saucepan. Take two teaspoons Baker's cocoa, add a tablespoonful sugar, pour

half a cup of boiling water on the cocoa, stirring all the time and when well dissolved pour into the mixture. Let boil two minutes, pour into custard glasses or small cups and serve cold. A little whipped cream on top improves.

JUNKET CUSTARDS.

The Junket tablets can be procured and the directions on the box are reliable. Very nutritious and light for invalids and children.

OLD FASHIONED TRIFLE.

Place four or five small sponge cakes broken into pieces in the bottom of a deep glass dish. Pour a mixture of sherry wine and water with a teaspoonful of sugar, about a half tumbler, over the cake. Make a rich custard of three yolks of eggs, a teaspoonful cornstarch to two cups milk and sweeten. Boil the cornstarch and milk first in a double saucepan, and slowly pour over the eggs which have been well beaten, and mixed with a little cold milk, return all to the saucepan and stir constantly until it thickens but not to boil. Flavour with vanilla. When cool, put over the cake. Take a pint well whipped cream and spread on top, and drop in a few spoons of preserved apple, peach or any preserve. Decorate with small macaroons.

STRAWBERRY CREAM.

Take an ounce of sheet gelatine, pour over a half cup of cold water and let stand an hour, then a half cup of boiling water to dissolve.

Take a cup of strawberry juice, the juice of half a lemon, one and a half cups of granulated sugar, whites of three eggs, two cups of whipped cream.

When the gelatine is dissolved add the fruit juice and sugar, strain, and partly cool. Whip the whites of the eggs stiff, then the cream. When the jelly mixture begins to thicken, slightly whip with a Dover beater till light, add the whites of the eggs, then the cream and fold in carefully. Pour into a wet mould and set on ice until firm.

Other fruits may be served in the same way.

BOHEMIAN CREAM.

Whites of three eggs well beaten, one pint cream whipped, half an ounce sheet gelatine dissolved in very little cold water, then boiling water, one tablespoon sugar, a few drops of vanilla.

Beat all together, and pour into a mould and put on ice. When turned out on the dish decorate with small macaroons add a few candied cherries and small pieces of angelica.

SPANISH CREAM.

Make a soft custard of two cups of milk, the yolks of three eggs and three tablespoonsful of sugar. Dissolve a half ounce of gelatine first in two tablespoons-

ful of cold water, for a half hour, then a little boiling water. Whip the whites of the eggs, and add all together, stirring until it begins to stiffen, when flavour with vanilla, or noyau and pour into a wet mould.

BAVARIAN CREAM.

One pint of cream, one tablespoonful of sugar, the yolks of two eggs, and half an ounce of sheet gelatine first soaked in very little cold water and then a quarter cup boiling water. Whip half of the cream, boil the other half and pour gradually on the beaten yolks and sugar stirring slowly on the fire until it thickens but not to boil. When slightly cooled, add the gelatine and flavouring, and mix in the whipped cream and pour into a wet mould.

A few fancy cakes or small macaroons placed around the cream is attractive, and candied cherries and angelica on top.

CHARLOTTE RUSSE.

One pint rich cream, half an ounce sheet gelatine, a tablespoon of sherry wine, two tablespoonsful sugar, Whip the cream very light. Dissolve the gelatine in a very little cold water, then a quarter cup boiling water.

Line a dish or mould with ladies' fingers. Mix the gelatine well with the cream and when it begins to thicken pour into a mould. A layer of lemon or wine jelly can first be put into the mould, and allowed to stiffen, and pour in the cream afterwards.

RICE BLANC-MANGE.

Rub smooth one ounce of ground rice in a little milk. Take two cups of milk and put on to boil, stir the rice in while boiling, sweeten and flavour to taste. Boil in a double saucepan ten minutes. Serve with boiled custard.

RICE A LA PORTUGAISE.

Six ounces Java rice well washed, put in a double saucepan with a pinch of salt, one ounce of butter, and a half pint of water, cook until the water is absorbed. Add one pint of milk, cook again until the milk is taken up, add sugar and flavouring. Beat in the yolks of four eggs, and leave still in the saucepan, but not over the fire, cool and stir in a half pint whipped cream. Put on a glass dish. Brown three ounces almonds in the oven, pound one third of them, stick in the rest, a few dried cherries cut in halves improves the appearance; serve cold.

FRUIT DESSERT.

Oranges, bananas and pine apple cut very small and served in glasses with a tablespoonful of orange sherbet on top. The sherbet is a water ice flavoured with fruit and sweet liquors.

Strawberries make an excellent sherbet with three cups of the juice, the juice of two lemons, three cups of sugar to a quart of water. Pineapple can be combined with the strawberry. Boil the sugar and water, adding the juice when the syrup cools and strain and freeze.

Raspberries combined with currant juice makes an excellent sherbet. In this case the lemons can be omitted. A tablespoonful dissolved gelatine can be added.

WATER MELON.

Water melon served very cold is a delicious first course for a summer luncheon. It is attractive served on a block of ice. Pass a poker under the handle of a very hot iron and hold on top of the ice until a deep hole is made. A second iron may be required. Scoop out with a silver tablespoon the pink part of the melon and arrange in a mound on the ice. Oysters can be served in the same way.

A block of ice ornamented with smilax and flowers makes a pretty and cooling centre-piece on a table in hot weather. The ice is put in a deep tin dishpan covered with dark green cambric, and then with moss stitched on, and entwined with a vine.

CHOCOLATE PUDDING FROZEN.

Half cup bread-crumbs, half cup milk, two eggs, a quarter cup sugar, half ounce grated chocolate.

Put the milk over the fire in a double boiler. Beat the eggs with the sugar until light and add the hot milk, stir over the fire until it thickens, then remove and add the chocolate which has been dissolved over hot water. Pour this while hot over the bread-crumbs. When perfectly cold, stir in a half cup whipped cream and a few drops vanilla. Put in a buttered ice cream mould, and pack in ice and salt for three hours.

ORANGE WATER-ICE.

Two quarts water, the juice of six oranges, grated rind of two, the juice of three lemons, two whites of eggs well beaten. Six small cups of sugar.

Melt the sugar in the water, then add the juice of the oranges and lemons and last the whites of the eggs. Have ready a large dish of broken ice pounded fine in a coarse linen bag. Place the can in the socket perfectly straight, then put the ice in layers with coarse salt, then pour in the mixture and cover. Turn quite slowly at first. It takes from twenty to twenty-five minutes to freeze. When stiff pour off the water, take out the paddle and work down smoothly with a spoon, add more ice and salt having poured off the water.

Can be turned out of the mould on to a platter.

If required in a mould, pack well in, put on a paper cover under the lid. Rub butter around the crack to prevent the salt and ice touching the cream. Leave stand in the ice for two or three hours.

RASPBERRY ICE CREAM.

One quart of whipped cream, a large cup sugar, and the juice extracted from a box of fresh raspberries. Pour a tablespoonful hot water on the fruit to soften, and leave for a few moments on the stove to draw out the juice, then strain and add to the whipped cream. Place in the can in the freezer having the ice and salt ready the same as for water-ice.

CAKES.

SHORTCAKE WITH FRUIT OR PRESERVES.

(Very Economical.)

Take two cups of flour in which has been sifted two teaspoonsful baking powder, two tablespoonsful butter rubbed in the flour, a half cupful milk, work lightly with a knife into a dough, roll out and divide in half. Take one part and roll the size of a round tin cake plate, break small pieces of butter closely between, then take the other half and place on top of the buttered one. Brush with milk and bake in a hot oven twenty minutes. Then split open carefully with a broad bladed knife, put either fresh fruit or stewed, or preserves between. Put some sifted sugar over. Serve hot.

FRUIT CAKE.

Very Rich.

Two and a half pounds raisins, two and a half pounds currants, one pound citron, one pound sugar, one pound butter, two pounds sifted flour, two teaspoonfuls each of nutmeg, cinnamon, allspice and cloves, eight eggs, one cup molasses, one wineglass brandy, one wineglass

sherry wine. Mix all the ingredients as for poundcake, stir in the fruit, slice the citron and put it in layers. This makes two large loaves. Bake three hours in a slow oven.

PLAIN DOUGHNUTS.

Sift together three cups of flour, three teaspoonsful baking powder, two-thirds of a cup granulated sugar.

Pour half a cup milk and a tablespoonful melted butter over a well-beaten egg. Mix these ingredients into a smooth dough. Roll out and cut in any form desired. Cook in boiling lard or suet.

ANOTHER KIND.

Three eggs, one cup milk, one cup sugar, a tablespoonful butter and three cups of flour with three teaspoonsful baking powder sifted in. Cut in fancy forms, a small square with slits cut down, and twisted, or rings and put into a small kettle of boiling lard or suet.

CHRISTMAS CAKE.

Five teacupsful flour, one teacupful melted butter, one teacupful cream, one teacupful treacle, one teacupful moist sugar, two eggs, half ounce powdered ginger, half pound raisins, one teaspoonful carbonate of soda, one tablespoon vinegar, finely cut candied orange, lemon and citron peel, a half teaspoonful each ground cloves, allspice and cinnamon.

Make the butter sufficiently warm to melt, put the flour in a basin, add the sugar, raisins cut up and spices,

stir in the butter, cream and treacle with the well whisked eggs and beat the mixture well. Dissolve the soda in the vinegar and beat up all together. Put in a buttered mould and bake about two hours.

CARAWAY SEED CAKE.

Two cups sugar, three eggs, one cup milk, three cups flour, half a cup butter, one teaspoonful baking powder to each cup of flour, rub butter and sugar, add beaten yolks, then milk, flour and whites alternately, add caraway seeds.

SPICE BISCUITS.

One cup flour, one cup sugar, one cup rice flour, two eggs, two ounces butter, one tablespoonful mixed spices, one teaspoonful baking powder. Mix and roll out thin, cut into narrow fingers. When baked stick together with jam and icing. Bake for about twenty minutes.

LEMON CAKE.

Half cup butter well beaten, two cups flour sifted with two teaspoonsful baking powder, one cup sugar, one cup milk, two eggs beaten separately, beat butter well, then sugar, then yolks of eggs, juice and rind of lemon, last the flour gradually with the milk and whipped whites.

Butter a cakepan and bake twenty minutes.

FIVE O'CLOCK TEA CAKE No. 1.

Three cups flour, one cup sugar, one egg, one and a half cups milk, one spoon butter, two teaspoons baking powder. Bake twenty minutes.

TEA CAKE No. 2.

One pound flour, one egg, one tablespoonful baking powder, two tablespoons sugar, one breakfastcup milk. Mix flour, sugar and powder, add beaten egg to milk, mix. Bake for forty minutes.

COOKIES.

Half cup butter, one cup sugar, half cup milk, two and a half cups flour, two teaspoonsful baking powder. Mix well, flour the board, roll out thin and cut with a tumbler or cake cutter in rings.

Bake on flat tin or roastpan fifteen minutes

CORN CAKES.

One and a half cups flour, one and a half cups cornmeal, three teaspoonsful baking powder, one tablespoonful butter, one tablespoonful sugar, one cup milk, one egg. Beat butter and sugar together, then the egg beaten separately. Add a little of the mixed meal gradually with the milk.

JOHNNY CAKE.

Cream together one tablespoon butter and two tablespoonsful lard. Dissolve a teaspoon soda in a cup of

sour milk and mix with the shortening. Add three cups of sour milk, three quarters of a cup sugar, one cup wheat flour and corn enough to make a moderately stiff batter. Bake about half an hour.

SMALL TEA CAKES.

Two tablespoons butter, one cup sugar, two eggs, two and a half cups flour with two teaspoonsful baking powder, a full cup milk.

Flavour with a few drops vanilla. Bake in greased patty pans.

LAPLANDERS (Tea Cake.)

Two cups flour sifted with two teaspoonsful baking powder, two eggs beaten separately, one spoon butter, one cup milk, half cup water. Put into a greased bake pan and bake in hot oven twenty minutes.

SCRIPTURE CAKE.

One cup of butter, Judges v., 25; three and a half cups flour, 1 Kings iv., 22; three cups sugar, Jer. vi., 20; two cups raisins, 1 Sam. xxx., 12; two cups figs, 1 Sam. xxx., 12; one cup water, Gen. xxxv., 17; one cup almonds, Gen. xl., 11; six eggs, Isaiah x., 14; one tablespoonful honey, Ex. xvi., 31; a pinch of salt, Lev. ii., 13; spices to taste, 1 Kings x., 10; two teaspoonsful baking powder, 1 Cor. v., 6.

Proceed as in ordinary rules for cake, putting in the fruit and nuts last of all. The raisins should be seeded

the figs chopped, and almonds blanched and sliced, all of these well floured to prevent sinking to the bottom. Bake in a square loaf pan.

SPONGE CAKE.

Four eggs, one cup sugar, one cup flour, one teaspoonful baking powder sifted in the flour. Beat the sugar with the yolks, then the whites, add the flour gradually and a teaspoon of vanilla. Beat until very light, put in a bake pan lined with greased paper or in buttered layer cake pans.

LAYER CAKE.

Rub one cup sugar and half a cup butter to a cream. Stir in one well-beaten egg, add two cups flour in which has been sifted two teaspoonsful baking powder, add a cup of milk and beat well. The mixture can be divided into two round tins. Can be varied by adding lemon or vanilla.

A nice marbled cake can be made by adding one tablespoonful of grated and melted chocolate to one third the mixture, colour another third with a few drops of cochineal, and place alternately with a spoon with the white batter in the bake pan.

Bake in greased cake loaf pan twenty minutes.

CINNAMON OR GERMAN CAKE.

One cup sugar, half a cup butter, two eggs, two cups flour, three teaspoons cinnamon, two teaspoonsful baking powder, one cup milk. Beat eggs separately,

beat the sugar and butter together and add the yolks of eggs. Then the flour gradually with the milk, next the cinnamon and whites of eggs last. Grease the pan with butter or lard. Bake in moderate oven three quarters of an hour.

GRANDMOTHER'S BUN.

Take two tablespoons butter to three cups of flour into which has been sifted three teaspoonsful baking powder. Add half cup sugar and one of milk.

Mix all well together, roll with the hand into a rather long roll and cross over the ends. Place into a small bake pan. Brush over with milk, or sugar may be put into the milk just before being placed in the oven.

A little icing flavoured with lemon or vanilla ornaments it, by making a pattern or device according to taste, not to cover the whole bun.

FRUIT OR COFFEE CAKE.

Three cups flour, two teaspoons baking powder sifted with the flour, half cup molasses, one cup liquid coffee, one cup sugar, one cup raisins stoned, two cups currants rolled in flour, half cup of milk, two ounces lemon and orange peel sliced very thin, half cup butter, one egg, one teaspoonful cinnamon, half teaspoonful ground cloves, half teaspoonful ground allspice, a few drops caramel.

Beat butter and sugar together, then the molasses, then the egg well beaten, then the fruit and the flour gradually with the coffee and milk.

Bake an hour in a moderate oven.

It is well to line the pan with greased paper.

ANGEL CAKE.

One tumbler flour, one teaspoonful cream of tartar, then sift five times together. Sift also a tumbler and a half white granulated sugar, beat to a stiff froth the whites of eleven eggs. Stir the sugar into the eggs by degrees very lightly and carefully adding a teaspoon vanilla extract. Afterwards add the flour stirring quickly. Pour into a tin cake dish which should not be buttered or lined, *this is most essential.* Bake at once in a moderate oven over forty minutes testing with a straw. When done let it remain in the cake tin turning it upside down with the sides resting on two cups until cold. Then take a knife and pass around the edge of the tin, and it will come out.

The yolks can be used for custard or another cake.

GINGER BREAD 1.

Half cup butter, two and a half cups flour, one large spoon ginger, half cup molasses, two teaspoonsful baking powder, half cup milk, a tablespoonful sugar, one egg, a few drops caramel. Beat butter, sugar and egg together, then molasses, add the ginger, then flour gradually with the milk. Put in well buttered pan and bake slowly thirty-five minutes.

GINGER BREAD 2.

Take a quarter pound butter, and three quarters of a pound flour, two teaspoonsful baking powder, half an ounce ginger, one teaspoonful ground allspice, one of cinnamon, two ounces sugar, half a cup milk, two cups molasses, and flour to thicken. Bake in a shallow pan in a moderate oven.

GINGER BREAD 3.

One cup of sour or buttermilk, one cup boiled molasses, half a cup melted butter, three eggs, two-thirds cup brown sugar, one teaspoon baking soda, one teaspoon baking powder, one teaspoon ground ginger, one teaspoon ground cinnamon, two heaping cups flour. The molasses must be boiled thick and dark before being measured.

Bake three quarters of an hour in not too quick oven.

SOFT GINGER BREAD 4.

One cup sour milk, one cup molasses, a tablespoonful butter, two eggs, one tablespoonful sugar, two teaspoonsful ground ginger, a scant teaspoonful baking soda, two and a half cups sifted flour.

When made with sweet milk use two teaspoonsful baking powder. Bake in a flat pan in rather slow oven, half an hour.

BACHELOR BUTTONS.

A quarter pound butter, a quarter pound flour, a quarter pound sugar, a quarter pound rice flour, one egg, one teaspoonful baking powder. Beat butter and sugar together, add flour, rice flour and powder, then the egg. Shape into smooth balls with the hand, put on buttered paper and bake in a quick oven. Stick together with jam.

DELICIOUS GERMAN CAKES.

DOUBLE CHOCOLATE CAKE No. 1.

A quarter of a pound butter, a quarter pound almonds, a quarter pound sugar, a quarter pound chocolate and four eggs. Stir butter until creamy, add sugar, yolks of eggs, one chocolate softened in the oven gradually and mix well. Then put in the whites of the eggs beaten stiff and last the almonds grated with the skin on.

Spread on buttered pan about one eight of an inch thick, bake in rather slow oven half an hour. Spread jam on one half, cover with the other half and cut into small squares, dust with powdered sugar.

ALMOND KISSES No. 2.

One pound of almonds, blanched, dried and cut into squares and roasted in oven with a quarter pound powdered sugar until they are deep yellow, six whites of eggs well beaten and mixed with one pound powdered sugar and stirred until quite thick, add grated rind of one lemon and the almonds cold. Drop on buttered paper with a teaspoon, and bake with gentle heat until light brown.

ALMOND SLICES No. 3.

A quarter pound grated almonds, a quarter pound butter, a quarter pound sugar, two eggs.

Stir butter until creamy, add sugar, almonds and the eggs well beaten. Mix thoroughly. Spread thin on buttered pan and sprinkle with a mixture of sugar, grated almonds and a little ground cinnamon. Bake in slow oven until light brown and cut while hot.

CHOCOLATE KISSES No. 4.

Six ounces sugar, four ounces chocolate, the whites of three eggs. Beat the whites very stiff, add gradually the sugar and grated chocolate. Drop on buttered paper with a teaspoon and bake in a slow oven.

BRANDY SNAPS.

A quarter of a pound flour, a quarter of a pound sugar, a quarter of a pound butter, a quarter of a pound golden syrup, juice of a half lemon.

Put all together in a saucepan with a quarter ounce of ginger, stir over gentle heat until well mixed, rub over baking sheet with butter, put teaspoonful of mixture, six inches apart, set in a moderate hot oven, bake about five minutes. When sufficiently done they will be light brown and very soft. In about a minute slip a knife under it as soon as possible, take up and roll round like a sugar paper, hold for a minute till firm; put on a sieve to cool.

FROSTING FOR CAKE.

Ten teaspoons powdered sugar, one half teaspoonful lemon juice to the white of one egg. Beat the egg thoroughly, then the sugar, a teaspoon at a time, add the lemon juice. Spread upon the warm cake with a broad bladed knife, dipped occasionally in cold water. Put in a cool place to harden. If rich cake dust with flour and brush off with a napkin.

JELLIES AND PRESERVES.

LEMON OR WINE JELLY.

Two ounces of sheet gelatine will make two quarts jelly and as it keeps for some time, it is more satisfactory to make this quantity. It can be stiffened in custard cups or jelly glasses as well as moulds.

Take two ounces of gelatine and place in a bowl, pouring over four cups cold water, let it stand for an hour. Then pour over it three and a half cups boiling water and stir until it dissolves, add two full cups of granulated sugar, four small pieces whole cinnamon, the juice of two lemons, a wineglass of sherry, and the whites of two eggs slightly beaten and caramel sufficient to colour like sherry wine. Place in a large saucepan, and put on to boil stirring the egg through it, and boil five minutes. Have a jelly bag made of flannel in a point and hang between two chairs having strings attached each side. Place a jug underneath. Run the jelly through the bag two or three times until it appears clear in a glass. From the jug you can fill the moulds and glasses.

If the shells of the egg are carefully washed they can be thrown in the jelly, and help to clear.

The yolks can be used for custard or pudding.

ASPIC JELLY.

Boil down three pounds of thin shank of beef and knuckle and three pounds shank and knuckle of veal, add an onion, a carrot or stick of celery and a bay leaf or two. Let it simmer for three hours, then boil more quickly two hours until the meat is all consumed off the bones. Strain into a large bowl and let stand over night. Next morning take off all the fat and if not quite stiff return to the pot in which the bones might be left and boil another hour. Then add seasonings, salt and pepper and a very little cayenne, a spoonful catsup and a wineglass sherry.

To clear take the whites of three eggs, only whisk a little, stir in the stock which must not be hot, add a few drops of caramel to colour, and when it has boiled and the egg appears broken through it, run through a flannel bag, if not clear the first time pass through a second time.

TOMATO JELLY.

Take a half can of tomatoes, place in a saucepan with a tablespoonful mixed dried vegetables, a bay leaf, a speck of cayenne, and salt and pepper. Boil for fifteen minutes, add a half ounce of dissolved gelatine, stir in well, then strain and put into small cups or a mould. Serve as a garnish with cold meat or chopped celery.

COFFEE JELLY.

A half ounce of gelatine dissolved as for "Cream Fluff," two tablespoonsful coffee boiled in a piece of muslin in two cups of milk. Let boil ten minutes, then strain through muslin, pour in a bowl, sweeten to taste. Stir in the dissolved gelatine, and keep stirring until it becomes thick and place on ice in a small mould.

Very nice with "Cream Fluff."

PRUNE JELLY.

Wash thoroughly a half pound of prunes, and set soaking in water to cover over night.

Stew next morning in the same water, adding two tablespoonsful sugar. Let them cook until quite soft. Have ready a half ounce of gelatine dissolved in a little water. Strain the prunes through a colander, then add the gelatine stirring for a few minutes until it begins to thicken.

Put in a mould in a cool place. Serve with a half pint whipped cream.

BUTTERCUP JELLY.

Soak a half ounce of sheet gelatine in a cup of cold water, put in a small bowl over a kettle. Add a half cup sugar with one cup of hot milk and the beaten yolks of two eggs. Flavour with vanilla. Set on the stove in a small saucepan and boil for one minute.

Whip the whites of the eggs very stiff, and then stir into the jelly.

When thick pour into a mould. Serve with whipped cream. Better made the day before required.

JELLIED TIN FRUIT.

Take a tin of pears or any fruit, put through a colander, taking juice to boil with a half cup of sugar and a cup of water. Dissolve a half ounce of gelatine in a very little cold water and rest over a kettle of boiling water, add to the juice and pears, boil up once and pour into moulds.

PRESERVES.

To be successful in making preserves it is necessary to procure the fruit very fresh. A rich preserve is made by taking pound for pound, especially for plums, but for raspberries and strawberries, three quarters of a pound of sugar is enough to a pound. Preserves give much more satisfaction boiled in small quantities. Three or four pounds are sufficient at a time. Dissolve the sugar in a pint of water and let it just boil, then throw in the fruit which has been carefully looked over and boil gently for thirty-five or forty minutes. Try it on a plate and when, as you slant the plate, it looks thick, it is done. It spoils the colour to boil too long.

It is customary to can the fruit and the preserves are not so rich, and the flavour of the fruit better retained.

Have the jars all cleaned and ready to fill, each cover and ring fitted, and new rubber rings provided. For cherries, stew the fruit in a preserving pan, half a

pound of sugar to a pound of fruit. Cook for twenty minutes, have ready a little extra syrup made with a cup of sugar to a cup of water, or if required richer, two cups of sugar to a cup of water and boil five minutes. Put a spoon in the jar, have the jar standing on a plate with a dampened cloth, and fill quickly overflowing, put the cover and ring on, and screw but not too tight. Shake the jar to see if quite full, and if not add the syrup to fill up.

RASPBERRIES (Canned.)

Have perfect fruit, put carefully in jar two or three layers, then a layer of sugar, then fruit, then sugar until filled. Put covers loosely on and place in a fish kettle with lukewarm water where several jars can be placed the same time. Let boil twenty minutes, take out, shake the bottle sideways, and if not full pour in the prepared syrup boiling, one cup of sugar to one of water.

Strawberries are preserved the same way, but are richer boiled in the old fashioned way with three quarters of a pound of sugar to a pound of fruit.

PLUMS.

Wash the plums, pack as closely as possible in the gem jar, quart is best, shake sugar between, place on cover, and boil for half an hour or until they appear cooked. For plums the richer syrup is better, two cups of sugar to one of water. Have the syrup well boiled

and boiling when the jar is to be filled. Shake the bottle sideways to be sure that the jar will be quite filled, then put on a cover and ring and screw tightly, and after they have stood, screw again.

CURRANT JELLY.

Fill a preserving pan with fresh red currants, put a cup of water in the pan first. Mash the currants as they boil, and let boil half or three quarters of an hour until juice is extracted. Put in a jelly bag. Take eight or ten cups (better do a small quantity at a time), and boil for twenty minutes. Measure a cup of juice and a cup of sugar and put back in the pan and boil seven minutes. Pour into tumblers. It is better to have the sugar heated in a bowl in the oven. Dip in a silver spoon to try the jelly, and if it jellies on the spoon it is finished.

Best to secure the *first* ripened currants.

CRAB APPLE JELLY.

Fill a jelly pan with crab apples, cut in half having first washed them and trimmed off the stems. Put three cups water over them, let boil until pretty soft and strain through a jelly bag. Boil the juice twenty-five minutes. Take a cup of juice and a cup of sugar (previously warmed in a bowl in the oven), let boil seven minutes. Try it on a plate if it begins to jelly, or dipping a silver spoon in while boiling, if a jelly forms at once, pour into tumblers placing a spoon in the tumbler to prevent cracking.

MELON PRESERVE.

Cut the melon into small pieces, take off the rind, and put into salted water for two days. Take half a cup of salt to a cup of water. Then place them in fresh water for two days. Boil in water until tender, and drain off the water. Make a rich syrup, a pound of sugar to a pound of fruit, adding two pieces whole ginger, a stick or two whole cinnamon, a lemon cut thin and an orange or two cut in quarters. Put all together and boil until quite thick.

ORANGE MARMALADE.

Take six bitter oranges, six sweet oranges, four lemons, cut all across the grain as fine as possible. Place in a deep dish with four quarts of water. Let stand thirty-six hours. Boil the oranges in the same water for two hours, then add eight pounds of white sugar. Boil again one hour or longer until it jellies.

The addition of a wineglass of whiskey when nearly done, has the effect of causing all impurities to rise to the surface and clarifies the jelly.

LEMON MARMALADE.

Take one dozen lemons, wash them well, then peel. Boil the peel until tender. Quarter the lemons, take the pulp out, add to the juice, cut the peel in very thin slices. Take three pounds of sugar and melt in a pint of water, add the lemons and let boil about an hour or until boiled thick.

PICKLES.

CHIPPED PEARS.

Eight pounds of fruit, eight pounds sugar, two ounces ginger root and three lemons. Cut the pears thin like Saratoga potatoes, cut the rind of the lemons in fine pieces and squeeze the juice. Boil slowly three quarters of an hour.

CHOPPED TOMATO PICKLE.

Chop fine one peck green tomatoes, four green peppers, and four onions, sprinkle a cupful of salt over and let stand overnight. Next day drain off the liquor.

Put in a kettle and cover with vinegar, add a dessert spoonful grated horse radish, one half cupful brown sugar, one dessertspoonful each of ground cloves, cinnamon and allspice. Boil slowly one and a half hours.

SWEET GREEN TOMATO PICKLES.

Wash the tomatoes well and pare off the ends. Cut in thick slices not less than half an inch. Put in a crock with a layer of salt to each layer tomatoes, let stand over night. In the morning drain well. Put in a pot and cover with half vinegar and half water. Let cook slowly until clear. Make a syrup of four pounds

of sugar to eight pounds tomatoes, add a cup of vinegar, an ounce stick cinnamon and a few cloves, boil very slowly. Syrup must be very thick. Fill gem jars with the tomatoes, and pour the syrup over.

CHOW CHOW.

Chop one peck green tomatoes, one half peck ripe tomatoes, six onions, three small heads cabbage, one dozen green peppers (seeds removed, three red peppers, seeds removed). Sprinkle with two cups of salt and stand over night. Put in a porcelain kettle with two pounds brown sugar, one dessertspoon grated horse radish, one dessertspoon each ground black pepper, mustard, whole white mustard seed, celery seed, and a little mace. Boil in a quart of vinegar or a little more until quite clear.

Pour into a jar, and cover tight, or pack into gem jars.

RIPE CUCUMBER PICKLES.

Peel and cut in thick slices the cucumbers, and cover with a weak brine composed of a cup of salt to two quarts of water, in which let remain over night. Drain in a colander and boil in sweetened vinegar to cover. When clear drain again and place carefully in a large bowl. Allow three pounds of sugar to seven pounds cucumbers and a quart of cider vinegar. Boil the sugar, vinegar and mixed spices (consisting of eight pepper corns, eight allspice, eight cloves, a blade of

mace, crushed and tied in a small piece of muslin), until a little thick, when pour over the cucumbers and let stand a day. Then put in gem jars.

PICKLED RED CABBAGE.

Slice fine and place in a jar half a purple cabbage. Take a cup and a half cider vinegar, eight pepper corns, eight whole allspice, a blade of mace and a tablespoonful salt. Boil well for ten minutes, strain over the cabbage and let stand over night.

PICKLED ONIONS.

Take a quart of very small peeled onions, cover with salt and water over night. Next morning pour off water and scald in boiling water. Pour off this water. Prepare vinegar and spices as above and put a red pepper or two cut in quarters.

Cauliflower may be pickled in the same way.

SPICED CURRANTS.

Five pounds currants, four pounds sugar, two cups vinegar, four teaspoonsful ground cinnamon, four teaspoonsful ground cloves. Put very little water in the preserving pan to start boiling, and let boil three quarters of an hour or until it has a jelly-like appearance on a plate.

INVALIDS' DIET.

OATMEAL GRUEL.

(**The Old-Fashioned Way**).

Take a cup of coarse oatmeal, mix in a little cold water. Let stand a few moments, have boiling water at hand, and pour on to the oatmeal four cups. Let it stand fifteen minutes, then pour off the liquid into a saucepan and boil gently until it thickens. Flavour with salt or sugar whichever is preferred. A very nice gruel can be made with the ground oatmeal, one tablespoon to a cup and a half water, let it boil for five minutes constantly stirring. Rolled oatmeal can also be made into gruel by taking two or three tablespoonsful mixed in a little cold water and pour into a pint of boiling water, let boil a few minutes and strain.

SAGO GRUEL.

Put two tablespoonsful sago into a small saucepan and moisten gradually with two cups of cold water. Stir constantly until it becomes clear, similar to a jelly, then add a little grated nutmeg and sugar.

A small piece of fresh butter might be added and a little cream or a half glass of sherry wine.

FRENCH PANADA.

Take a stale roll, break into a saucepan in which pour sufficient water to cover the bread. Stir well over the fire allowing to boil a few minutes, add a salt-spoon salt and a tablespoonful butter, stir and take from the fire. Have the yolk of an egg beaten and mixed with two tablespoonsful milk which pour into the panada very quickly for half a minute and serve.

BARLEY WATER.

Take an ounce of barley to a quart of water, and boil until quite tender, skim frequently. Sweeten to taste and add the juice of half a lemon if desired.

Strain through a wire sieve.

RICE WATER.

Put a quart of water on the fire, when boiling throw in a half cup of rice, boil gently until the rice is in a pulp, pass through a sieve and sweeten to taste.

BEEF TEA.

To one pound lean round steak, add three cups of cold water, cut the beef fine, and let slowly simmer. Season to taste.

COCOA.

A cup of milk, a half cup water and a full teaspoon cocoa. Mix the cocoa in a half cup boiling water, add to boiling milk, sweeten to taste.

BEEF SANDWICH.

Beef slightly broiled, then cut very fine, put between slices of thinly sliced bread and butter nicely seasoned, cut in small dainty shapes.

Milk toast as per recipe.

Poached egg on toast as per recipe.

MUTTON BROTH.

Cut up a pound lean mutton and put in a quart of cold water, let simmer two hours, strain and put in a bowl to cool. Take off the fat, add a tablespoonful boiled rice or boiled barley and season. Serve hot.

OYSTERS.

Served on ice, oysters are very refreshing A piece of fresh cut lemon, a tiny salt cellar and delicate water biscuits are attractive.

CHICKEN BROTH.

Take half a chicken, place in a stew pan with a quart of cold water and let it slowly simmer until the meat is broken up. Have a quarter cupful rice boiled in a double saucepan, and when tender put a spoonful in the broth when serving. Add salt and pepper, and if wanted creamy add a tablespoonful flour.

LAIT DE POULE.

A French remedy for colds is made by breaking a fresh egg, separate the white from the yolk. Beat the

yolk well, and add a gill or half cup of good cream or milk. Take a cup of the boiling broth of chicken and pour gradually over the egg and cream mixing it thoroughly, it is then ready and should be taken at bed-time for a cold.

VERMICELLI AND MILK.

Boil two cups of milk and when boiling add a half cup of vermicelli. It may be seasoned or any flavour added.

RICE MILK.

Wash a tablespoonful of rice in water, drain and put in a double saucepan with two cups of milk, sweeten to taste.

TAPIOCA.

Soak a quarter cup of tapioca in a cup of water for an hour. Boil in a double saucepan with two cups milk and simmer until tender. Sweeten and flavour to taste.

MACARONI PUDDING.

Soak two ounces of macaroni into a quart of water, let stand ten minutes. Strain and put into a saucepan with two cups of boiling milk into which had been previously put a piece of lemon peel, a quarter teaspoon ground cinnamon, and one ounce of butter. When the macaroni is tender add two eggs well beaten and sugar enough to sweeten.

Put in a buttered pudding dish, and steam over a saucepan of boiling water for half an hour.

APPLE AND RICE.

Boil a half cup of rice in two cups of milk until tender, then add a small piece of butter, sugar, a little ground cinnamon and grain of salt. Then peel and core an apple which put in a stewpan with a little sugar and cook until tender. When done put the apple in a small tart dish, mix an egg with the rice, pour over the apple and bake ten minutes.

ARROWROOT.

One teaspoonful of arrowroot to a cup of boiling milk. Mix in a little cold water, add a lump or two of sugar and pour on the milk and boil two minutes.

BAKED APPLES.

Peel two apples, take the core out with an apple corer. Sprinkle a little sugar, and bake for a half hour, put a little water on the pan.

WHITE WINE WHEY.

A tablespoonful milk just heated not boiled and a tablespoonful of sherry wine put in with a little sugar.

IRISH MOSS BLANC-MANGE.

Take a half teacupful of Irish moss, pick over carefully and wash several times in cold water. Put in a double saucepan with two cups of milk, let it cook until it begins to thicken and sweeten to taste. Strain through a fine wire sieve, pour in a mould and leave in a cool place. When quite cold can turn out on a dish. Serve with cream.

Lemon or wine jelly as per recipe.

BEVERAGES.

GINGER BEER No. 1.
(Very Fine.)

Two pounds of sugar, two or three lemons, two ounces whole ginger, two ounces cream of tartar.

Bruise ginger, slice lemon, put them with cream of tartar into a large jar. Put the sugar into three gallons of water, boil and pour it boiling over the lemon and other ingredients. Take a quart of new milk warm and add the white of one egg whipped to a froth. Add two tablespoons of yeast, beat in well and let stand over night. Skim, strain and bottle; ready in two or three days. Soda water bottles with patent tops are best to bottle.

GINGER BEER No. 2.

Three tablespoonsful ground ginger, one tablespoon cream of tartar, two pounds brown sugar, two gallons boiling water. When lukewarm add a teacup of yeast, and let stand for fifteen hours. Then strain and bottle.

RASPBERRY VINEGAR.

Cover a pail of the fresh fruit with vinegar, let it stand two days. Strain through a flannel bag, take one cup of juice to one of sugar and boil until it forms a thick syrup. When cold pour into bottles.

RASPBERRY ACID.

(Very Good.)

Three quarts warm water on five ounces tartaric acid, stir till dissolved. When cool pour over fifteen pounds fresh raspberries, let stand twenty-four hours. Strain, add one and a half pounds sugar to each pint of juice. Stir till dissolved, then bottle and seal.

TEA PUNCH.

One pint tea, three tablespoons lemon juice, one tablespoon orange juice, three-fourths of a cup of sugar, one pint Apollinaris, some pineapple cut in quarter inch dice or raspberries. Prepare the tea using three teaspoons of tea to one pint of boiling water. Let it stand five minutes and strain. Add the sugar to the hot tea, then the lemon and the orange juice. Chill, and just before serving add the Apollinaris water and the pineapple or raspberries.

FRUIT SYRUPS.

Fruit syrups are prepared by washing the fruit and if necessary cooking in a double boiler until tender, then strain through a jelly bag. Use a pound of sugar to a pint of the juice. Mix together and allow to come to the boiling point.

COFFEE.

The old fashioned way with white of egg and egg shell boiled. One cup of good Java and Mocha mixed (no chicory), to six cups of boiling water, mix egg and

coffee first with a little cold water. Boil seven minutes and draw aside to clear.

There are patent coffee pots that make the coffee without boiling, and are most satisfactory.

For family use, an egg may serve twice by beating up in a little water and dividing equally.

BAKING POWDER.

Mix together a quarter pound baking soda, a half pound cream of tartar and one pound of flour. Sift well and keep in jars tightly covered.

TO CORN MEAT.

To fourteen lbs. of beef, take two ounces salt-petre, one cup sugar, two cups of salt, rub the beef well both sides, let stand three days, then pour a weak brine composed of a cup of salt to half a gallon of water, if not sufficient, add a little more; let stand two weeks.

FOR EMERGENCIES.

Emergencies will arise in every household, and it adds much to the pleasure of hospitality if one feels prepared at any time to meet these. A little forethought in having a few articles on hand will supply the demand.

There are many good soups to be had which, although not desirable to use constantly, will be acceptable and relished. Canned boned turkey can be made into an attractive dish by turning the box on to a platter with

a fork, put on a saucepan of boiling water to heat, make a white sauce and serve with a border of rice. Chipped beef with sauce is very nice; canned fish can be warmed or made into a salad; macaroni with gravy and tomatoes and with cheese can be quickly prepared. Eggs also can be presented in many ways. Minced tongue and ham in small tins are an addition to stuffed eggs. It is well to have a few cans of condensed milk, which answers for chocolate, puddings, etc.

A supply of home-made preserves, marmalades, etc., makes an addition with a box or two fancy biscuits. The California canned fruits are excellent. There is an impression that it is as cheap to buy jams and jellies and that it is not worth while to spend time and strength in preparing them, but the flavour of the home-made is different, and the cost sometimes one-third less.

ORDER OF USUAL MENU FOR LUNCHEON OR DINNER.

Soup.
Fish.
Entrée.
Roast.
Salad.
Dessert.
Fruit.
Coffee.

MENU No. 1.

Clear Soup.
Salmon either plain boiled with sauce or creamed in cups.
Entrée, Croquettes of Chicken.
Roast Beef or Saddle of Mutton.
Salad or Celery and Cheese.
Hungarian Cream.
Fruit.
Coffee.

MENU No. 2.

Soup Julienne.
Salmon Trout or boiled Cod or boiled Halibut.
Fillet of Beef with Mushrooms.
Green Peas, Cauliflower.
Frozen Pudding.
Fruit.
Coffee.

MENU No. 3.

Soup with Macaroni or Mock Turtle,
Halibut fried.
Roast Turkey or Fowl.
Lettuce and Tomatoes with Mayonnaise Sauce
Wine Jelly.
Ice Cream.
Coffee.

MENU No. 4.

Creamed Oysters.
Fillet of Beef.
Stewed Celery.
Lettuce Salad.
Lemon Jelly.
Fruit.
Coffee.

NECESSARY UTENSILS.

A set of scales weighing 6 to 8 lbs.
Three two-quart saucepans.
One agate pot to hold six quarts for soup, with a tin steamer to fit.
A four-quart agate saucepan for jelly.
Two pint saucepans for sauces.
A measuring cup.
A pint measure.
A bread bowl with cover.
Three mixing bowls.
Two large bowls.
A small sharp pointed knife.
A broad bladed knife.
A meat knife.
A cake turner.
Two dripping or roast pans.
One roast pan with cover.
Two smaller roast pans.
Two frying pans, different sizes.

Two jelly cake plates.
A chopping bowl.
A chopping knife.
One colander.
One set skewers.
A gravy strainer.
A lemon squeezer.
An onion grater.
A bread bowl.
A bread board.
A meat board.
A bread crummer.
A meat cutter.
A wire egg beater.
A flour dredger.
A flour sifter.
A bread box.
A cake box.
A rolling pin.
A meat fork.
A toast fork.
An egg poacher.
A wooden masher.
An apple corer.
A wooden spoon.
A biscuit cutter.
A cheese grater.
A can opener.
A nutmeg grater.

Salt and pepper boxes.
A broiler
A wire extension strainer.
A fish kettle.
A gravy strainer.
Two or three moulds, different sizes.
A bread knife.
An ice pick.
Two iron mixing spoons.
A pair butter paddles.
A coffee pot.
A kettle.
A double saucepan.
Patty pans.
Bread tins.
A timbale iron.
A griddle, one with three plates.
Vegetable cutters.
Tin baking sheet.
A perforated skimmer.
Brush to grease tins.
A larding needle.
Gem pans.
Muffin rings.
Preserving kettle.

SUPPLY AT HAND.

It is much better to buy groceries in small quantities as they will then be always fresh, and to have these at

hand. The gem jars are best, the size to suit requirements. Small jelly glasses with covers for spices.

What should be at hand: a variety of cereals, corn flour, Graham flour, buckwheat, oatmeal flour, rice, ground rice, tapioca, barley, arrowroot, sugar, pulverised sugar, cornstarch, mustard, salt, pepper, cayenne, whole and ground spices, among which cinnamon, cloves, allspice, white pepper, black pepper, and mace, bay leaves, dessicated vegetables, Edward's dessicated soup, Armour's Extract, Bovril, a bottle Worcestershire sauce, tomato sauce, mushroom sauce, caramel, cocoa, chocolate, raisins, currants, three pounds at a time well washed in several waters and dried, coffee, a package sheet gelatine, essences, orange, lemon and citron peel, candied fruit, dessicated cocoanut, bread crumbs, baking powder and baking soda. A box dried mixed herbs.

A box of parsley can be grown in the house all winter and adds to the ornamentation of a dish.

Brown Cake

3 cups
1 cup butter
2 Sugar
2 Sweet Cream
1/2
1 Teaspoon Soda
1/2 Cream of Tartar
2 Cups Flour
2 Cups Chopped Nuts
2 Cups Chopped Dates

Coffee Fudge

2 Cups Brown Sugar
1 Teaspoon butter or take
a spoonful Cream. 1 Cup hot
3/4 Cup strong Coffee
Boil together until it hardens
& then drop off in cold water.
Nuts from fat and last Cup
for about five minutes.

Mocha Cake

1/2 Cup butter
1 " Sugar
1/2 " Sweet-milk
2 eggs
2 teaspoons baking powder,
2 Cups flour.
Juice and rind of half
a lemon.

Bake in a long tin pan,
cut into small squares,
cover with the following
mixture- 10 oz powdered
sugar, 4 oz butter beaten
to a cream & which add
1 Teaspoonful of vanilla

and enough dates to make
two tablespoonsful.
Brown 8 oz almonds or
peanuts, roll out fine, cover
pieces of cake with the
above mixture, using a
fork, and roll in the
browned nuts.

— Peterson Candy

2 lbs grain sugar
1/2 cup dates
1/2 lb butter
1 can Condensed Milk
Vanilla extract - 1 teaspoon each
one teaspoonful -

Put the sugar, milk & butter and
the dates in to boil for 20
minutes - Remove from the fire and

Plum Pudding.

2 cups full fine suet.
2 each of raisins & currants.
1 cup of flour & bread-crumbs.
½ " " sugar
6 eggs.
A few almonds & citron peel &
spices to taste,
also large wine-glass of brandy
Mix all together night before, &
in the morning mix loosely
with eggs, adding brandy
last.

Pudding Sauce.

¾ cups sugar, white or brown
1 " boiling water.
1 lemon. dessert-spoon corn-
starch.

Hard Sauce.

½ cup butter. ½ cup sugar, ½
lemon or brandy. white of 1 egg
beat butter & sugar then add
very stiff beaten egg.

Ginger Jars

1/4 lb butter

2 teaspoons grated ginger

1/2 lb brown sugar

3 1/4 cups flour

1 tsp soda 1/2 tsp salt

1 tsp cinnamon 1/2 tsp cloves

1 egg beaten well 1/2 cup

molasses 1/2 cup sour milk

Cream butter and sugar add egg

molasses milk & dry ingredients

Roll thin cut with round cutter

Bake in moderate oven 10 min

Ice with white icing

2 eggs

2½ cups flour

2½ teaspoons B. P

2 cup milk

4 cups flour

1 teaspoon Soda

1 " Salt

Coffee Fudge.

Two cups of granulated sugar
a tablespoonful of butter—½
a tablespoonful of thick
cream and three-quarters of
a cup of strong coffee. Boil
to soft ball stage or
when dipped in cold
water. Then take from fire
and beat briskly, with a
spoon, for about five minutes
or until it seems ready to
pour. Then, stir in a
cupful of broken shellbark
or pecan-nut meats and
pour on buttered tins.

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Cup Pudding

1 tablespoon butter creamed with half cup sugar

1 egg well beaten half cup milk a pinch salt 1 large teaspoon B.P. add a little over a cup flour grease cups and put a teaspoon jelly in each add batter steam one hour

Brown Cake

2 eggs
1 cup Brown Sugar
½ " butter
2 " Molasses
½ " Sour Milk
2 " flour
1 teaspoon Soda
2 teaspoon cinnamon cloves nutmeg

With white icing

Plain Cake

Double

1 cup butter
1½ sugar
3 " flour
4 teaspoons B.P.
1½ " cupid water
4 eggs Vanilla

Plain Cake

½ cup butter
1 " sugar
1½ " flour
2 level teaspoon B.P.
¾ cup cupid water
3 eggs Vanilla

Steamed Pudding

1 cup flour
2 teaspoons BP
½ Sp " Salt
1 tablespoons butter
¼ milk 2 apples

With Walnut icing

Chocolate Pudding

1½ tablespoons butter.

½ cup sugar.

1 egg.

½ cup milk.

1½ cups flour

2½ teaspoons B.P.

1½ squares chocolate.

¼ teaspoon salt.

Steam two hours.